

## Outline

### PRINCIPLES OF MYOFASCIAL CUPPING

- Movement, mobility, and motor control
  - Movement Pyramid framework
- Fascial anatomy/physiology
- Physiological/neurological effects of cupping techniques
- Current literature related to cupping techniques
  - Blood flow, fascial gliding, and the nervous system
- Indications, contraindications, and application safety

### SKIN/FASCIAL SCREENING (60 minutes)

👉 Hands-On Lab

### FUNDAMENTAL CUPPING TECHNIQUES AND TREATMENT STRATEGIES

- Direction and pressure
- Decompression/compression forces
- External/internal glide methods
- Graded exposure techniques
- Sensory-motor retraining
- Integrating corrective exercise

👉 Hands-On Lab

### APPLYING CUPPING EFFECTIVELY

- Upper extremity and arm fascial chains
- Lower extremity and leg fascial chains
- Core, trunk, lumbopelvic regions, and long fascial chains
- Hip, trunk, rib cage, diaphragm, and neck
- Condition-specific applications
- Progression and regression protocol

👉 Hands-On Lab

### CASE STUDIES AND PROBLEM SOLVING

📖 Case Studies

## Who Should Attend

- ◆ Physical Therapists/PTAs
- ◆ Occupational Therapists/OTAs
- ◆ Athletic Trainers
- ◆ Massage Therapists
- ◆ Personal Trainers

## What to Bring

Yoga mat or massage table (if applicable)

## What to Wear

Please wear comfortable and loose clothing for labs. Shorts and tank tops are recommended.

## Live Seminar Schedule

**7:30:** Registration/Morning Coffee & Tea

**8:00:** Program begins

**Lunch:** 1 hour (on your own)

**3:30:** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Celeste Roufs at [croufs@pesi.com](mailto:croufs@pesi.com) or 715-855-5229.

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- Myofascial Cupping Practitioner Certification
- Compression Band Flossing Practitioner Certification

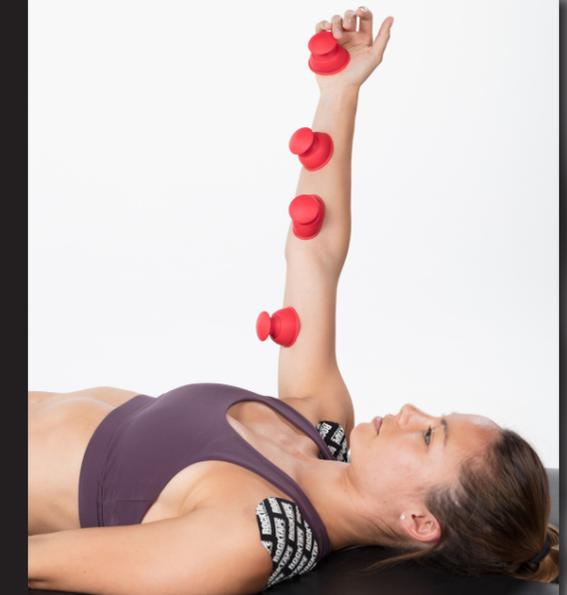
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**Myofascial Cupping Practitioner Certification**

<b>Buffalo, NY</b> Monday November 4, 2019	<b>Rochester, NY</b> Tuesday November 5, 2019	<b>Syracuse, NY</b> Wednesday November 6, 2019
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## Myofascial Cupping Practitioner Certification

**Become a Certified Myofascial Cupping Practitioner in this hands-on course,** and learn everything you need to know to begin offering cupping services the next day.

- ✔ **Boost your credentials** without going back to school
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This event is a member of RockTape's Functional Movement Techniques (FMT) Certification Series.

**Buffalo, NY**  
Monday  
November 4, 2019

**Rochester, NY**  
Tuesday  
November 5, 2019

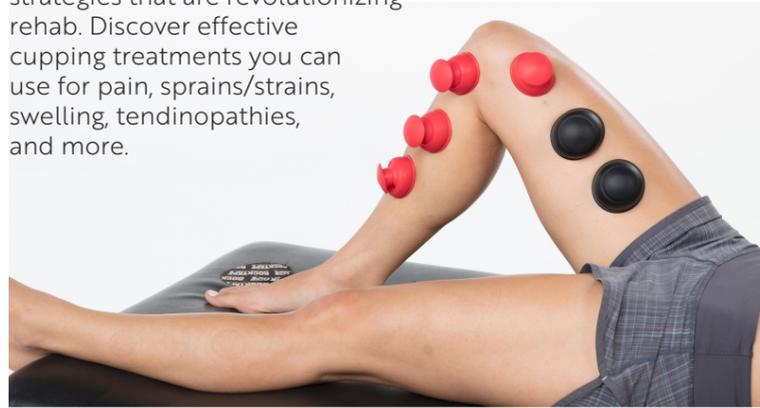
**Syracuse, NY**  
Wednesday  
November 6, 2019



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Become a Certified Myofascial Cupping Practitioner in this hands-on course powered by RockTape, and boost your credentials as you learn everything you need to know to offer cupping services the next day.

**Myofascial Cupping Practitioner Certification** teaches the fundamentals of modern cupping techniques through a full day of interactive labs. Learn how to combine cupping and functional movement to produce the kinds of active treatment strategies that are revolutionizing rehab. Discover effective cupping treatments you can use for pain, sprains/strains, swelling, tendinopathies, and more.



## Speaker



**JOSEPH LAVACCA, PT, DPT, OCS, CFSC, FMS, FMT-C, SFMA,** is an experienced outpatient orthopedic clinician who graduated from Sacred Heart University with his Bachelor of Exercise Science Degree in 2008, and his Doctorate of Physical Therapy in 2010. He also has certifications in movement screens for both the FMS and SFMA, Functional Strength Coaching, as well as Fascial Movement Taping and Performance Movement Techniques through RockTape. Dr. LaVacca is an Orthopedic Clinical Specialist and has experience in Maitland-Based Manual Treatments, Instrument-Assisted Soft Tissue Mobilization, Kinesiology Taping, and movement assessment/performance screening. He is a nationwide speaker and frequently teaches healthcare practitioners about Kinesiology Taping and Movement Assessment Principles.

### Speaker Disclosure:

Financial: Joseph Lavacca is the owner of Strength in Motion Physical Therapy. He receives a speaking honorarium from PESI, Inc. Non-financial: Joseph Lavacca has no relevant non-financial relationship to disclose.

## Objectives

- ◆ Review the principles of myofascial cupping and supporting evidence.
- ◆ Describe the physiological and neurological effects of cupping.
- ◆ Demonstrate how to apply cupping for best results.
- ◆ Compare and contrast common cupping techniques and review indications/contraindications for each.
- ◆ Demonstrate how cupping techniques can be combined with corrective exercise to improve pain, sprains/strains, swelling, tendinopathies, and more.
- ◆ Develop cupping applications based on your assessment/treatment approach and the individual needs of your patient.



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*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

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**ATHLETIC TRAINERS:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.0 hours of Category A continuing education.



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**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary by state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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**OTHER PROFESSIONS:** This activity qualifies for 360 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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## How to Register

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) or call 800-844-8260 for details.

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\_\_\_\_\_ **\$69.99\*** Myofascial Cupping Starter Kit

(KIT085246)

CE hours and approvals on products may differ from live CE approvals. Product total \$ \_\_\_\_\_

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