

## Outline

### MODERN PAIN SCIENCE: RESHAPE IASTM

- Movement, mobility, and motor control
- Movement Pyramid framework
- Fascial anatomy/physiology
- Physiological/neurological effects of instrument-assisted techniques

### BLUEPRINT FOR THE NEUROMUSCULAR APPROACH TO TOOLING

- Graded exposure system
- Tissue tolerance concept
- Feed the brain

HANDS-ON LABS	FUNCTIONAL MOVEMENT SCREENING TO QUICKLY IDENTIFY DYSFUNCTION
	<ul style="list-style-type: none"> <li>• Sagittal, frontal, and transverse plane patterns</li> <li>• Is it a mobility or a stability problem?</li> <li>• Common problems associated with faulty planar movement patterns</li> <li>• Ripple effect</li> </ul>

HANDS-ON LABS	TECHNIQUES AND TREATMENT APPLICATION STRATEGIES
	<ul style="list-style-type: none"> <li>• Treatment strokes</li> <li>• Vectors, rate, and time under manipulation</li> <li>• Planar motion and fascial lines</li> <li>• Evaluate up- and downstream from target area</li> </ul>

HANDS-ON LABS	DEVELOP ROBUST TREATMENT PLANS
	<ul style="list-style-type: none"> <li>• Upper body               <ul style="list-style-type: none"> <li>• Low back pain</li> <li>• Headaches</li> <li>• Neck strains</li> <li>• Rotator cuff tendinosis/itis</li> <li>• Lateral &amp; medial epicondylitis</li> </ul> </li> <li>• Lower body               <ul style="list-style-type: none"> <li>• IT band issues</li> <li>• Knee pain</li> <li>• Plantar fasciitis</li> <li>• Ankle sprain/strains</li> </ul> </li> <li>• Scar tissue</li> <li>• Athletic Injuries</li> <li>• Post-operative swelling</li> <li>• Neurological complaints</li> <li>• Up &amp; down regulation of tissues</li> </ul>

### Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Massage Therapists
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Personal Trainers

### Questions?

Call customer service at  
800-844-8260

HANDS-ON LABS	INTEGRATE MULTIPLE MODALITIES FOR BETTER PATIENT OUTCOMES
	<ul style="list-style-type: none"> <li>• Combine manual therapy, taping, and movement</li> <li>• Corrective exercise strategies</li> <li>• Improving stability following mobility enhancement</li> <li>• Myofascial gliding and release</li> <li>• Comprehensive strategies for improving function and performance</li> </ul>

HANDS-ON LABS	ADVANCED TECHNIQUES FOR AVOIDING COMMON IASTM MISTAKES
	<ul style="list-style-type: none"> <li>• Is bruising necessary?</li> <li>• Determine appropriate treatment time</li> <li>• Prevent hand fatigue</li> <li>• Maintain control of tools when using emollient creams</li> </ul>

### KNOWLEDGE INTO ACTION - CASE STUDIES AND PROBLEM SOLVING

### Live Seminar & Webcast Schedule *(Times listed in Eastern)*

**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.

### 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.



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.*

This program is a member of RockTape's Functional Movement Techniques (FMT) Certification Series. No previous FMT coursework is required to attend.



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Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance

#### Hands on labs to master techniques for the issues you treat including:

- Low back pain
- Headaches
- Neck strain
- IT band issues
- Plantar fasciitis
- Athletic injuries
- Scar tissue
- Neurological complaints
- Post-operative swelling
- And more!

### Pittsburgh, PA

Monday, January 27, 2020

### Erie, PA

Tuesday, January 28, 2020

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Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance

- Save your hands - use tools!
- Simple and gentle framework for reducing pain and increasing mobility
- Reduce treatment time with this neurosensory approach to tooling

### Pittsburgh, PA

Monday, January 27, 2020

### Erie, PA

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Wednesday, January 29, 2020



# IASTM Practitioner Certification

ROCKTAPE

CERTIFICATION SERIES

# Welcome to the Future of IASTM

The days of painful techniques that lead to excessive bruising are over - welcome to the future of Instrument Assisted Soft Tissue Mobilization (IASTM).

Rather than the old aggressive mechanical model, this certification course focuses on the neurological effects of IASTM. Modern IASTM is designed to work with the patient's neurological system to manage symptoms, motor control and biomechanics with a very safe and gentle approach.

This framework offers a dynamic assessment philosophy designed to arm clinicians and clients with an innovative approach to treatment. By incorporating a joint by joint analysis of skin, fascial anatomy, and muscles, you will be able to incorporate IASTM to:

- Reduce pain
- Increase mobility
- Enhance proprioception
- Boost performance

Instructed by industry-leading clinicians, this hands-on certification program equips you with all the skills you'll need to begin using IASTM with the patients across the continuum of care.

**Get impressive results without aggressive techniques – your patients (and your hands) will thank you!**

*Thanks for making IASTM more affordable/accessible. I will immediately incorporate these techniques into treatment of movement dysfunctions.*

- Ivanka, PT

## Speaker

**BRETT SANDERS, MS, OTR/L, CEAS**, began his career as an occupational therapist over 20 years ago, treating hand injuries, burns, and acute care patients at St. Agnes Hospital in Philadelphia. Since then, he has gone on to offer onsite therapy services in a wide variety of settings and industries, from pharmaceuticals to aerospace, specializing in resolving complex ergonomic issues and repetitive strain injuries. Today, Mr. Sanders oversees a nine-state territory as regional manager of WorkStrategies for Select Medical's outpatient division, where he manages national onsite injury prevention programming with clients such as Amazon and Ahold/Giant. A leader and national educator in onsite therapy and ergonomics, he is frequently sought after to consult and train on ergonomics, job and risk analysis, workplace safety, post offer testing, functional capacity evaluation, early symptom intervention, and onsite rehabilitation.

Speaker Disclosure:

Financial: Brett Sanders has an employment relationship with Nova Care Rehabilitation Company – Select Medical. He receives an honorarium from RockTape. Mr. Sanders receives a speaking honorarium from PESI, Inc.

Non-financial: Brett Sanders has no relevant non-financial relationship to disclose.

## Objectives

1. Discuss the myofascial sequencing model.
2. Analyze the neuroanatomy of the fascial system.
3. Utilize movement screening techniques to identify faulty movement patterns.
4. Examine the current best-evidence theory and science of IASTM.
5. Integrate assisted fascial manual therapy techniques with functional kinesiology taping to improve movement quality.
6. Design effective plans of care that incorporate dry fascial gliding to promote improved range of motion.

### HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

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 Orion Tarpley at [otarpley@pesi.com](mailto:otarpley@pesi.com) or 715-855-5262.

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SATISFACTION 100% GUARANTEE

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**Seminar on DVD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

### Live Webcast Details and Live Webcast Continuing Education

**Join us January 29, 2020, for this live, interactive webcast!** Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesirehab.com/webcast/75365](http://www.pesirehab.com/webcast/75365)

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### Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*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.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**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.

**Personal Trainers:** This course has been approved by the National Academy of Sports Medicine (NASM-BOC) for 0.6 CEUs. PESI, Inc. Provider Number is 544.

**Massage Therapists:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/75351](http://www.pesi.com/events/detail/75351).

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**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.

**New York Physical Therapists & Physical Therapist Assistants:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 7.2 Contact Hours.

**Ohio Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the Ohio Physical Therapy Association for review. Credit is pending.

**Pennsylvania Physical Therapists & Physical Therapist Assistants:** The Pennsylvania State Board of Physical Therapy recognizes approval by all other state boards. This activity consists of 6.0 clock hours of instruction that is applicable for physical therapists.

**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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Please have credit card available

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### 2 Check location: (make copy of locations)

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**ERIE, PA** 75351ERI  
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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. **Advance registration required.** Cannot be combined with other discounts.

### 1 Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.

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#### ADD-ON PRODUCTS

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\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

#### WEBCAST with downloadable seminar manual

**\$219.99** registration (+ tax in HI, NM)

### 4 Indicate method of payment:

**ALL REGISTRATIONS MUST BE PREPAID.**  
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