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

FUNCTIONAL MOVEMENT SCREENING TO QUICKLY IDENTIFY DYSFUNCTION

- Sagittal, frontal, and transverse plane patterns
- Is it a mobility or a stability problem?
- Common problems associated with faulty planar movement patterns
- Ripple effect

HANDS-ON TECHNIQUES AND TREATMENT **APPLICATION STRATEGIES**

- Treatment strokes
- Vectors, rate, and time under manipulation
- Planar motion and fascial lines
- Evaluate up- and downstream from target area

HANDS-ON DEVELOP ROBUST TREATMENT PLANS

Upper body

Low back pain Headaches Neck strains

Rotator cuff tendinosis/itis Lateral & medial epicondylitis

Lower body

IT band issues

Knee pain

Plantar fasciitis

- Ankle sprain/strains Scar tissue
- Athletic Injuries
- Post-operative swelling
- Neurological complaints • Up & down regulation of tissues

Who Should Attend

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

Ouestions?

Call customer service at 800-844-8260

HANDS-ON

INTEGRATE MULTIPLE MODALITIES FOR BETTER PATIENT OUTCOMES

- · Combine manual therapy, taping, and movement
- Corrective exercise strategies
- Improving stability following mobility enhancement
- · Myofascial gliding and release
- · Comprehensive strategies for improving function and performance

ADVANCED TECHNIQUES FOR AVOIDING COMMON IASTM MISTAKES

- Is bruising necessary?
- Determine appropriate treatment time
- Prevent hand fatigue
- Maintain control of tools when using emollient

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.



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

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- · 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

Beachwood, OH

Wednesday, January 29, 2020

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IASTM Practitioner Certification

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

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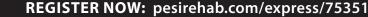
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Welcome to the Future of IASTM

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.



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LAS VEGAS

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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 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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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.

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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.

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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 requirement



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□ PITTSBURGH, PA January 27, 2020

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