

Outline

NEGATIVE PRESSURE FASCIAL CUPPING

Evidence related to cupping
Equipment safety and infection control
Theory and Eastern uses of cupping
Safety and precautions
Indications and contraindications

CUPPING STYLES

Equipment and techniques
Cup design differences
Rim shape
Cup size and shape
Materials
Multimodal tools

MYOFASCIAL RELEASE PRINCIPLES

Positive and negative pressure considerations
Scar release
Skin glide
Lab demonstration

APPLICATIONS OF MEDICAL CUPPING

Spine
Trunk
Abdomen
Extremities

MULTIMODAL DYNAMIC CUPPING APPLICATIONS

Review of select evidence-based research on fascial release and cupping therapy outcomes.
Clinical case studies and conclusion, Q&A

IMPROVE YOUR REIMBURSEMENT RATE

Coding and billing for myofascial cupping
Justify rehab with the right progress measures and documentation
Avoid denials and audits with these tips

Objectives

1. Evaluate the history and benefits of negative pressure vacuum cupping therapy for musculoskeletal conditions.
2. Investigate cupping styles, equipment safety, indications, contraindications, precautions and infection control methods.
3. Evaluate the variety of negative pressure cupping instruments and accessories, the value of cup diameter, size and rim shape, and give examples of manual and mechanical cupping tools.
4. Differentiate cupping techniques including dry stationary and dynamic gliding cupping, exercise cupping, and acu-magnet cupping.
5. Evaluate effects of cupping including skin coloration and client education for use of cupping instruments.
6. Integrate cupping into your plan of care to reduce painful trigger points and myofascial tension, release adhesions, stretch soft tissue, enhance relaxation, decrease sympathetic tone, modulate pain, and promote functional mobility and performance.
7. Appraise the evidence-based research on the effects of cupping therapy.

What to wear/bring

Please wear clothing that allows access to skin for application of cups. If you have a lab partner available for practice, that will be helpful but is not essential.

Live Webcast Schedule

(Times listed in Central)

11:00 am Program begins

3:30 pm Program ends

There will be a 30 minute break.
Break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience:

Physical Therapists • Physical Therapy Assistants
Occupational Therapists • Occupational Therapy Assistants
Massage Therapists • Chiropractors • Athletic Trainers
Physician's Assistants

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LIVE Interactive Webcast Tuesday, January 26, 2021

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Fascial Cupping Therapy

For Rehabilitation and Performance Enhancement

Save your hands! Many clinical conditions benefit from fascial cupping as part of program design to improve physical performance and functional outcomes. Dr. Theresa Schmidt will walk you through an understanding of the fascial system, the effects of negative pressure modalities, and the evidence that supports the inclusion of cupping in both rehab and sports therapy applications for **rapid, measurable results**.

Now you can reap the benefits of modern cupping therapy in your practice. Negative pressure cupping tools provide you with **an extra set of hands** in a versatile tool that works with you to:

- Promote functional movement
- Release scar tissue and fascial adhesions
- Manage trigger points
- Improve circulation and lymphatic drainage and
- Modulate pain

You will experience the benefits of cupping techniques with clinical tips on how to utilize specialized manual therapy tools alone or in combination with multimodal therapies and exercise to improve functional outcomes and physical performance. Best of all? These results will be measurable!

Immediately integrate the use of rehab cupping therapy into your practice to save your hands, add value to clients’ therapy and sports programs, and make your practice even more successful.

Speaker

Theresa A. Schmidt, PT, DPT, MS, OCS, LMT, CEAS, is president of Educise PC continuing education, and physical therapy in Dartmouth-Sunapee, NH. A board-certified specialist in orthopedic physical therapy, expert witness, massage therapist, and coach with over 30 years’ experience in clinical practice and education, she integrates best evidence-based practices of manual therapy and orthopedic rehab, with complementary medicine approaches for outstanding peak performance. She graduated from Long Island University’s Masters Physical Therapy Program with highest honors and received her Doctorate in physical therapy at University of New England. She served as faculty at Touro College Physical Therapy Programs, Nassau CC and CUNY Queens College in NY. Dr. Schmidt presented for International Fascia Research Congress, American Physical, Occupational, and Massage Therapy Associations, NASA Inomedic Health, Johns Hopkins, Cleveland Clinic and medical centers across North America. She is a published author, Reiki Master Instructor, and integrative medicine clinician. Learn more at www.Educise.com.

Speaker Disclosures:

Financial: Theresa Schmidt maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Theresa Schmidt has no relevant non-financial relationship to disclose.

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11am Central time

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QUESTIONS

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