

Outline

Myofascial Cupping Framework

Review framework of the RockTape Movement Pyramid
Understand neuroanatomy, skin and fascial systems and how they relate to the course
Review the current literature related to myofascial cupping techniques.
Define Time Under Pressure (TUP) as it relates to decompression (curative vs. destructive dosages)
Review safety of applications
Cupping indications/contraindications

Skin/fascial/movement screening process

Introduce and practice use of cupping as it relates to direction and pressure
Types of Treatments:
Tissue decompression:
External Glide – multiple vectors
Internal Glide
Cupping plus Functional Movement
Treatment Variables:
Body Positions
Graded exposure techniques
Distraction Methods

External Cueing Concept

Use of cupping for movement disorders (post stroke, different types of dystonias, parkinson's, etc)
Introduce and practice use of cupping as it relates to movement dysfunction
Types of Cueing:
Tactile
Visual & Tactile

What to have on hand

- ◆ Myofascial cups
- ◆ Please wear comfortable and loose clothing for labs. Shorts and tank tops are recommended.

Objectives

- ◆ Integrate the myofascial sequencing model.
- ◆ Inspect neuroanatomy of the dermal & fascial subsystem.
- ◆ Demonstrate a novel skin/fascial/movement screening process.
- ◆ Evaluate research as it relates to connective tissue gliding, pain modulation, and movement therapies.
- ◆ Practice and integrate myofascial cupping techniques related to soft tissue pathology.
- ◆ Practice cupping techniques for tension/decompression effects, directionality, external cueing of movement and graded levels of pressure.
- ◆ Perform various methods of performance and rehabilitative treatment techniques with RockPods

Nerve Entrapments

Learn, practice and perform specific applications of cupping for nerve entrapments:
Upper Extremity Entrapments – Median, Radial, Ulnar, others
Treatment considerations for neural entrapment cupping: external glide, internal glide, meaningful movement

Cupping with Movement

Learn, practice and perform specific applications of cupping with movement:
External Cueing for Movement Dysfunction:
Isolated Movements — Flexion, Extension, Rotation, Ab/Adduction, Deviation
Functional Movements — Sagittal, Frontal, Transverse Plane Patterns

Treatment considerations for cupping with movement, all movement is a screen/treatment opportunity, work and sport-related movement examples

Condition Specific Applications

Introduction of progression and regression concepts for specific conditions with cupping and taping applications (combo of therapeutic interventions)
Case studies — Lower Extremity, Trunk, Upper Extremity

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Myofascial Cupping Practitioner Certification

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This event is a member of RockTape's Functional Movement Techniques (FMT) Certification Series.

Live Seminar & Webcast Schedule

(Time listed in Central)

7:30

Registration/Morning Coffee & Tea

8:00

Program begins

12:00-1:00

Lunch (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.

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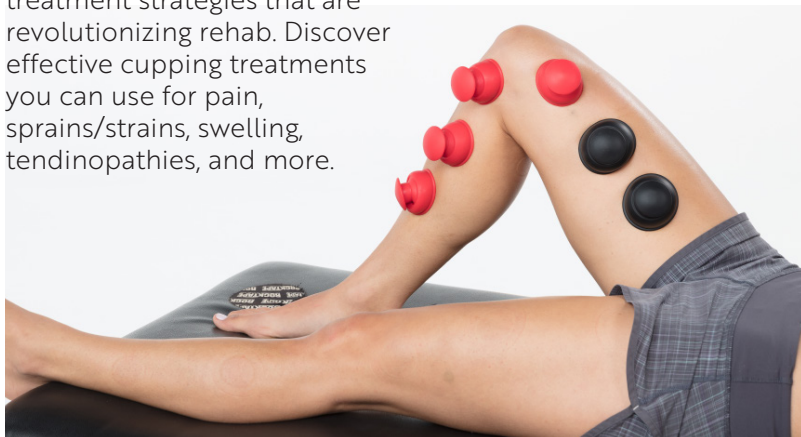
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Meet Your Speaker

Reid Nelles, DC, is a chiropractor who earned his Bachelor of Science from University of Minnesota – Duluth where he then followed his passion onto Northwestern Health Sciences University to pursue a Doctorate in Chiropractic. Reid was fortunate to be chosen for the medical staffing of the World Sport Games in Lignano, Italy which kick started his infatuation with sports chiropractic. Over the years, he has honed his experience and gained even more knowledge of movement patterns, corrective exercises, hands-on techniques, and so much more within the athlete population.

He owns and operates Minnesota Movement, a clinic in Excelsior, Minnesota. It is here that Dr. Reid fulfills his role in the community of ensuring that no athlete or person has a reason to skip a work out, bike ride, game, round of golf, day with their kids, or any activity due to an injury or pain. Reid believes that; if you move – you're an athlete. Reid is a self-proclaimed “jack of all trades, master of none” when it comes to athletic endeavors and loves golf, skiing, snowboarding, hiking, hockey, wakeboarding, waterskiing, fishing and hunting. His primary goal is to restore and improve qualities of movement with anyone he sees.

Speaker Disclosure:
Financial: Reid Nelles is owner of Minnesota Movement. He receives a speaking honorarium from PESI, Inc.
Non-financial: Reid Nelles has no relevant non-financial relationship to disclose.

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Minnesota Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Minnesota Board of Physical Therapy for review. Credit is pending.

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