

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

- ◆ Massage table or yoga mat if available
- ◆ 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

Live Seminar Schedule

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.

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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ROCKTAPE

CERTIFICATION SERIES



Myofascial Cupping Practitioner Certification

Ronkonkoma, NY
Wednesday
November 3, 2021



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ROCKTAPE

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

Ronkonkoma, NY
Wednesday
November 3, 2021



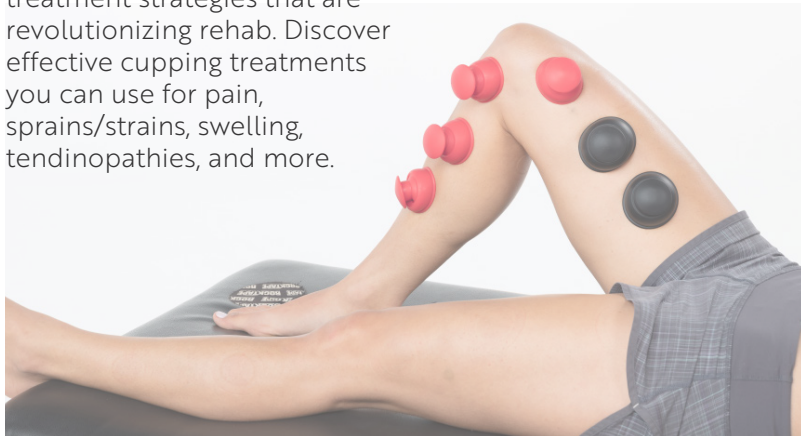
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Become a Certified Myofascial Cupping Practitioner in this hands-on course powered by RockTape, and boost your credentials as you learn everything you need to know to offer cupping services the next day.

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.



This Training was Designed for:

Physical Therapists/PTAs • Occupational Therapists/OTAs • Athletic Trainers
Massage Therapists • Personal Trainers • Chiropractors



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Meet Your 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.

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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 per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

New Jersey Physical Therapists & Physical Therapist Assistants: This course has been approved by the New Jersey Board of Physical Therapy Examiners for 6.0 credits. Board Course Number: 2001-152.

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.

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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1

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We would be happy to accommodate your ADA needs; Please notify us at time of registration.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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QUESTIONS

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Taxes and shipping apply where applicable, see website for details

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