

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

Live Webinar Schedule
(Times listed in Pacific)

8:00 Program begins

12:00-1:00 Lunch Break

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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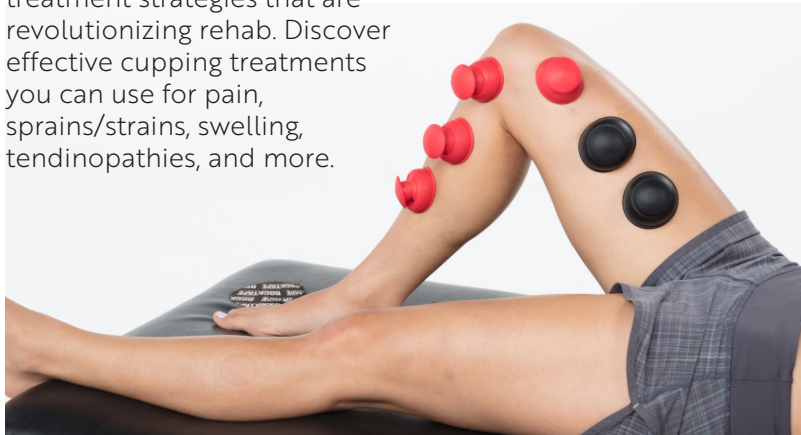
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Meet Your Speaker

Ethan Kreiswirth, PhD, ATC, has served as the Director of Education for RockTape, Medical Director for Velocity Sports Performance, and consulted with the Chinese Olympic Committee providing sports medicine mentorships overseas and in the United States. Additionally, Ethan is the Medical Director and Coordinator for the International Brazilian Jiu Jitsu Federation (IBJJF). Ethan was the Director of Athletic Training Education Program at Concordia University, Irvine in Orange County, California from 2008 to 2011.

Ethan's additional positions include Medical Director of the All American Heavyweights Boxing Team, in conjunction with the 2012 USA Olympic Boxing Team, 11 years as the Head Athletic Trainer of California State University, Dominguez Hills (CSUDH) from 1997-2008, where he also served as adjunct faculty in the Kinesiology Department. Prior to CSUDH, Ethan was Head Athletic Trainer in the Minor League Baseball system with the Sonoma County Crushers. He also served as a Football Assistant ATC at Santa Monica College in the mid-1990s.

Ethan also holds current certifications in the Functional Movement System, Selective Functional Movement Assessment, and Professional Rescuer Instructor for the American Red Cross. He has been a contributing author in peer-reviewed journals' such as International Journal of Athletic Therapy and Therapy, Journal of Athletic Training, and Athletic Training and Sports Health Care. Ethan has been a national speaker on Brazilian Jiu Jitsu injuries, as well as a multitude of sports medicine topics at the National Athletic Training Association Annual Symposium, Far West Athletic Training Association, National Strength and Conditioning Association symposium and Association of Ringside Professionals.

Speaker Disclosure:

Financial: Ethan Kreiswirth is the director of education for RockTape and has employment relationships with USA Cycling Track and International Brazilian Jiu Jitsu Federation. He receives a speaking honorarium from PESI, Inc.

Non-financial: Ethan Kreiswirth is a member of the National Athletic Trainers' Association, the California Athletic Trainers' Association, and the Far West Athletic Trainers' Association.

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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