

## Outline

### Review framework of the 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

### Introduce 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

### Introduce external cueing concept in respect the 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: Visual & tactile

### 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

### 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

Q/A

#### What to Bring

Yoga mat or massage table (if applicable)

#### What to Wear

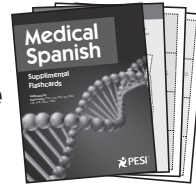
Please wear comfortable and loose clothing for labs. Shorts and tank tops are recommended.

## Objectives

1. Analyze the myofascial sequencing model to understand its role in movement function, and soft tissue health.
2. Examine the neuroanatomy of the dermal and fascial subsystems.
3. Identify functional issues with a comprehensive skin/fascial/movement screening process.
4. Appraise relevant research findings related to connective tissue gliding, pain modulation, and the impact of movement therapies.
5. Determine myofascial cupping techniques to address soft tissue pathologies and enhance functional outcomes.
6. Utilize cupping techniques to improve functional aspects for performance and rehabilitation purposes.

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## Hands-On Experiential Lab Featuring Functional Movement Training (FMT) Techniques

Spokane, WA Wednesday, April 17, 2024  
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## Join In Person or Online!

# ROCKTAPE

# Myofascial Cupping Course

## Hands-On Experiential Lab Featuring Functional Movement Training (FMT) Techniques

- ✓ Tools to enhance tissue mobility, pain modulation, and functional movement.
- ✓ Explore neuroanatomy, assess dysfunction, and apply evidence-based techniques in hands-on sessions.
- ✓ Elevate clinical practice with precision cupping and tailored soft tissue interventions.
- ✓ Transform patient outcomes with expert-led training for immediate clinical integration



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



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This is your gateway to mastering the art of myofascial cupping for clinical practice. Delve into the core principles of myofascial decompression with hours of hands-on labs:

**Enhance Tissue Mobility:** Gain profound insights into the world of myofascial sequencing and discover how it can transform tissue mobility and facilitate smoother movement patterns in your patients.

**Neuroanatomy Unveiled:** Explore the intricate neuroanatomy of the dermal and fascial subsystems to tailor your assessments and interventions to address the root causes of movement dysfunction.

**Comprehensive Screening Process:** Master a cutting-edge skin/fascial/movement screening process that forms the foundation of effective clinical evaluation to target the precise issues that hinder your patients' functional abilities.

**Evidence-Based Practice:** Stay at the forefront of the field by dissecting and interpreting the latest research. Understand how connective tissue gliding, pain modulation, and movement therapies intersect to inform your clinical decisions.

**Precise Cupping Techniques:** Develop proficiency in myofascial cupping techniques tailored specifically for soft tissue pathologies. Implement these techniques to address your patients' unique needs with precision and confidence.

**Functional Integration:** Harness the power of cupping to enhance functional outcomes. Discover how to leverage tension/decompression effects, directional cues, and graded pressure levels to optimize performance and rehabilitation.

Transform your clinical practice with expert-led myofascial cupping. Elevate skills, unleash potential, and make a lasting impact. Register now to join us for clinical excellence.



## Meet Your Speaker

**MEGHAN HELWIG, PT, DPT**, is an experienced outpatient orthopedic clinician based out of Carlsbad, CA where she owns and manages Primal Strength Physical Therapy. Since graduating with her doctorate of physical therapy from Rutgers University in 2009, she has earned numerous certifications as a trained provider of full body Active Release Technique (ART), Selective Functional Movement Assessment (SFMA), and Neurokinetic Therapy (NKT3). In addition, she is a trained practitioner in IASTM, kinesiology taping, and performance movement techniques through RockTape, for whom she conducts national trainings.

Speaker Disclosure:

Financial: Dr. Meghan Helwig maintains a private practice. She receives a speaking honorarium from RockTape and PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated.

Non-financial: Dr. Meghan Helwig has no relevant non-financial relationships.

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(Times listed in Pacific)

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**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.

### Target Audience:

Physical Therapists  
Physical Therapist Assistants  
Chiropractors • Massage Therapists  
Athletic Trainers

## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. NOTE: Boards do not allow credit for breaks or lunch. 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 [cepsi@pesi.com](mailto:cepsi@pesi.com) or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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. For planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.*

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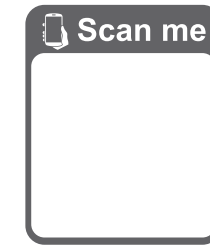
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