

## **FMT ROCKPODS**

CEU CREDITS: 6 hours

CEUs may be offered for DC, ATC, PT, LMTs, LAc, and personal trainers – depending on location and class type.

Prerequisite: None

### **COURSE SUPPLIES & RECOMMENDATIONS FOR PARTICIPANTS:**

RockPods (Myofascial Cupping), Rockband Flex elastic bands, RockTape kinesiology tape and scissors will be provided. In addition, a digital course manual and handouts will be sent to each attendee. Participants should wear comfortable clothing to allow for cups and tape workshop experience. Participants are responsible for snacks, lunches, drinks and writing materials.

### **COURSE DESCRIPTION:**

FMT RockPods Course introduces the concept of skin/fascial decompression to help improve tissue mobility, enhance movement and modulate pain with the use of myofascial cups. This course will cover the anatomical, physiological and neurological effects of myofascial cupping on connective tissue gliding, tissue traction and tissue decompression. FMT RockPods Course will introduce and discuss skin and fascial decompression concepts and present evaluation techniques for the dermal and fascial systems.

Interventions using myofascial cupping will be reviewed and informed by current research, the interventions will be integrated into current rehabilitation and performance concepts.

This course is intended for performance professionals and therapists with a basic understanding of soft tissue techniques. Each participant will keep their RockPods, RockBand Flex, and RockTape after this course.

The Functional Movement Training (FMT) Course Series are presented by industry leading experts in movement, assessment and rehabilitation.

### **EDUCATIONAL LEARNING OUTCOMES FOR FMT ROCKPODS:**

After this course the participant will be able to:

1. Define, understand and integrate the myofascial sequencing model
2. Discover and explore neuroanatomy of the dermal & fascial subsystem
3. Recognize and demonstrate a novel skin/fascial/movement screening process
4. Describe and interpret research as it relates to connective tissue gliding, pain modulation, and movement therapies.
5. Define, practice, and integrate myofascial cupping techniques related to soft tissue pathology
6. Practice cupping techniques for tension/decompression effects, directionality, external cueing of movement and graded levels of pressure
7. Compare, contrast and perform various methods of performance and rehabilitative treatment techniques with RockPods.

## **FMT ROCKPODS COURSE – OUTLINE**

### **8AM-3PM**

#### **Hour One (8am-9am)**

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

#### **Hour Two (9am-10am)**

Introducing 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

#### **10 minute break (10-10:10am)**

#### **Hour Three (10:10am-11am)**

Introducing 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:

Tactile

Visual & Tactile

#### **60 minute lunch break (11am-12pm)**

#### **Hour Four (12pm-1pm)**

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

#### **Hour 5 (1pm-2pm)**

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

## Hour 6 (2pm-3pm)

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

### Pods References

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2. Charles, D., Hudgins, T., MacNaughton, J., Newman, E., Tan, J., & Wigger, M. (2019). A systematic review of manual therapy techniques, dry cupping and dry needling in the reduction of myofascial pain and myofascial trigger points. *Journal of Bodywork and Movement Therapies*.
3. Bridgett, R., Klose, P., Duffield, R., Mydock, S., & Lauche, R. (2018). Effects of cupping therapy in amateur and professional athletes: Systematic review of randomized controlled trials. *The Journal of Alternative and Complementary Medicine*, 24(3), 208-219.
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11. Cage, S. A., Gallegos, D. M., & Warner, B. J. (2017). Utilization of Cupping Therapy in the Treatment of Vascular Thoracic Outlet Syndrome in a Collegiate Pitcher: A Case Study. *Journal of Sports Medicine and Allied Health Sciences: Official Journal of the Ohio Athletic Trainers Association*, 3(2), 2.
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13. Chi, L. M., Lin, L. M., Chen, C. L., Wang, S. F., Lai, H. L., & Peng, T. C. (2016). The effectiveness of cupping therapy on relieving chronic neck and shoulder pain: a randomized controlled trial. *Evidence-Based Complementary and Alternative Medicine*, 2016.
14. Arslan, M., Gökgöz, N., & Dane, Ş. (2016). The effect of traditional wet cupping on shoulder pain and neck pain: A pilot study. *Complementary therapies in clinical practice*, 23, 30-33.
15. Rozenfeld, E., & Kalichman, L. (2016). New is the well-forgotten old: The use of dry cupping in musculoskeletal medicine. *Journal of bodywork and movement therapies*, 20(1), 173-178.
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#### TEACHING METHODS USED:

1. Power-Point Presentation
2. Demonstration
3. Small Group/Partner Practice Sessions