

A. COURSE / SEMINAR TITLE

Effective Treatments Using Cupping, Acupuncture, Vibration Therapy, and Rehabilitation Exercises for Conditions of the Low Back and Lower Extremity

B. DESCRIPTION OF THE COURSE

This 8 hour course will provide practitioners with new out of the box thinking for treatment of stubborn cases of the low back and lower extremity. Cupping, vibration therapy, IASTM, manual therapy techniques as well as rehabilitation protocols will be demonstrated to help practitioners yield effective results in a time efficient manner.

Introduction

- Concept of the “New Normal” as it refers to movement patterns and soft tissue tone.

Soft tissue modalities:

- Cupping: stationary, sliding, stationary with patient movement
- Acupuncture: edema vs muscle hypertonicity treatment IASTM/Gua Sha
- KT: edema vs joint support
- Manual therapy: with and without vibration gun
- Home: foam roller, soft ball, lacrosse ball, PVC pipe, etc

Foot and Ankle Conditions

- Pattern assessment, treatment and rehabilitation exercises

Knee and Hip Conditions

- Pattern assessment, treatment and rehabilitation exercises

Low Back Pain



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- Flexion avoidance, extension avoidance, rotation avoidance patterns.
- Treatment and rehabilitation exercises

C. EDUCATIONAL OBJECTIVES

Upon completion of this seminar, participants are expected to be able to:

- Utilize different acupuncture techniques to treat acute conditions with edema as well chronic conditions with fibrotic tissue.
- Integrate cupping to facilitate and expedite tissue repair and symptom reduction.
- Integrate rehabilitation protocols for lasting treatment results.

D. DESCRIPTION OF TEACHING METHODS USED

This seminar/course will utilize:

On-Demand Webinar

Recorded Video

Online quiz will be given in order to ensure the educational objects were successfully met.

E. COSTS

\$350

F. REGISTRATION

Register at www.bestpracticesacademy.com.

G. INSTRUCTOR

The course is taught by the instructor below. Please click their name for a full biography.

Thuy Katzenberger, DC, LAc

[Biography & Curriculum Vitae](#)



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H. REFUND AND CANCELLATION POLICIES

Registration Policy:

To ensure everyone has an opportunity to attend a Best Practices Academy Seminar, payment is required at time of registration to confirm your attendance. All Academy Registration Fees will be withdrawn via credit card payment and are non-refundable. Payment must be completed before registration is confirmed.

No Show Policy: Because of the exclusive nature of this event, we cannot issue refunds on cancellations.

I. LOCATION, DATE AND TIME

The seminar is held online and on-demand, 24/7 via the Best Practices Academy online learning system at www.bestpracticesacademy.com.

J. CE RECOGNITION STATUS

This course provides continuing education credits in PACE approved states. For list of states, visit: <https://pacex.fclb.org/pages/BoardRequirements.php>

K. NUMBER OF CREDIT HOURS & REQUIRMENTS FOR OBTAINING CREDIT

This course is approved for eight (8) hours of continuing education credit through PACE (see approved states in section J). Upon successful completion Best Practices Academy will directly report the credit hours received to the PACE organization within 30 days along with providing the participant with a verification letter by email. In order to receive the full eight (8) credit hours the participant must:

- Attend and Participate in the complete course. Technology capabilities track online course attendance.
- Complete the Continuing Education Verification Form
- Pay all tuition fees for the course as stated above
- Provide a current email address for verification letter



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- Complete the Course Evaluation Form

L. COMMERCIAL RELATIONSHIPS

This seminar is sponsored by Best Practices Academy.

M. PRIOR SKILL, KNOWLEDGE OR EXPERIENCE NEEDED

Certification in acupuncture is required to receive acupuncture CEU.

