

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 Seminar & Webinar Schedule

(Time listed in Central)

**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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Myofascial Cupping Practitioner Certification

Orland Park, IL  
Monday  
March 27, 2023

Arlington Heights, IL  
Tuesday  
March 28, 2023

Live Video Webinar  
Tuesday  
March 28, 2023



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- ✔ Grow your business and join an elite network of therapists and trainers



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

Orland Park, IL  
Monday, March 27, 2023

Arlington Heights, IL  
Tuesday, March 28, 2023

Live Video Webinar  
Tuesday, March 28, 2023



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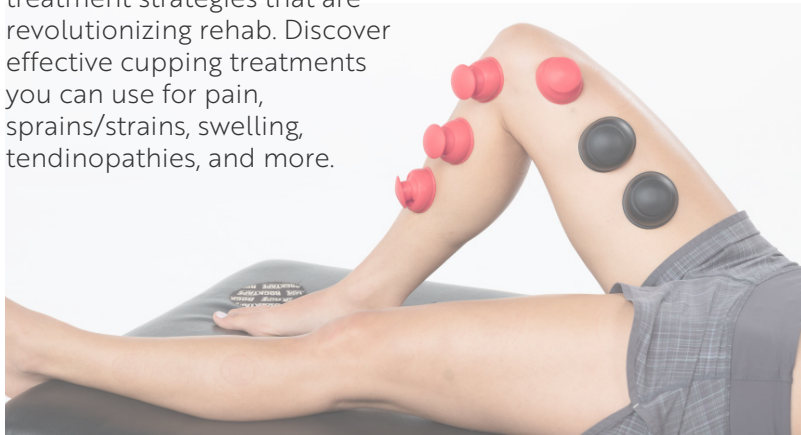
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Become a Certified Myofascial Cupping Practitioner in this hands-on course powered by RockTape, and boost your credentials as you learn everything you need to know to offer cupping services the next day.

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



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## Meet Your Speaker

To view Jessica's full bio, visit [www.pesirehab.com/express/88297](http://www.pesirehab.com/express/88297)

**Jessica Hill, PT, DPT, CSCS**, is a physical therapist who received her BA in biology and psychology at Dartmouth College. She completed her professional training at Simmons College where she earned her Masters Degree in physical therapy and her Clinical Doctorate Degree in physical therapy in 2002. She is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association, certified Specialized Functional Movement Assessment (SFMA) level 1 practitioner, certified Functional Movement Screen (FMS) level 1 practitioner, and a certified Functional Movement Techniques provider through RockTape. Dr. Hill has 15 years of clinical experience in general orthopedics, sports medicine, industrial rehabilitation, pre-/post-surgical care, performance enhancement, wellness training, and injury prevention. She works with patients of all ages and across all activity levels from highly sedentary people to highly active populations including national caliber/professional/semi-pro/collegiate athletes, extreme and ultra-athletes, law enforcement, and military. Dr. Hill co-founded a group of highly successful outpatient physical therapy practices in VT before starting a solo, concierge practice in NYC.

Dr. Hill evaluates and treats with a whole-body approach that combines knowledge and understanding of localized anatomy and function within the context of full body structure, function, and movement patterns. She works to restore compromised mobility, strength, stability, and movement patterning through a variety of manual techniques, IASTM, active modalities, progressive exercise, taping, and education. She enjoys solid rapport with her patients and clients, clinical problem-solving, and watching her patients and clients progress to the activities they need to do, want to do, and aspire to do.

#### Speaker Disclosure:

Financial: Jessica Hill has an employment relationship with Movement Matters LLC and receives an honorarium from RockTape. She receives a speaking honorarium from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated. Non-financial: Jessica Hill has no relevant non-financial relationships to disclose.

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