Instrument Assisted Soft Tissue Mobilization – Application & Evidence
May 16 - 17, 2015

Agenda

Saturday, 5/16/15
7:30 Registration
8:00 Introduction -- Theoretical basis of IASTM
8:45 Basic handling, tool selection, & basic treatment strokes
10:00 Break
10:15 Shoulder Lab 1 (Superficial): Posterior scapular pain & Pectoralis strain
11:00 Shoulder lab 2 (Deep): Rotator Cuff Syndrome & Biceps tendinitis
12:00 Lunch
1:00 Forearm Lab: Lateral epicondylalgia & Medial epicondylalgia
2:00 Hand Lab: Colles fracture & Hand Contusion
2:30 Break
2:45 Cervical Lab: Neck Pain, Cervicogenic Headache & TMJ/Facial pain
3:45 Treating upper extremity nerve beds Lab: Brachial plexopathy, Radial & Cubital tunnel syndromes & Carpal tunnel syndrome
4:45 Documentation
5:00 End

Sunday, 5/17/15
8:00 Review of Day 1: Implementation techniques into treatment Lab – integrating exercise into treatment & Advanced techniques
8:30 Tx of lumbar spine and SI region disorders: Mechanical LBP, Piriformis syndrome & SI dysfunction
10:00 Break
10:15 Hip & Knee Lab: IT band syndrome, Thigh strain & Patella tendonopathy
11:15 Foot & Ankle Lab: Achilles tendonopathy, Lateral ankle sprain & Plantar fasciitis
12:00 Treating Lower Extremity Nerve Beds Lab: Piriformis syndrome – sciatica, Tarsal tunnel syndrome & Fibular nerve entrapment
1:00 Review
1:15 End

Course Description
Soft tissue pathology plays a primary role in limiting mobility, often resulting in profound loss of function for those with injuries. This course covers the theory and intervention strategies for identifying and treating soft tissue restrictions utilizing Instrument Assisted Soft Tissue Mobilization (IASTM) techniques. In this case-study-based course, participants will receive hands-on instruction in the proper use of IASTM through a lab-focused teaching format. Lab attire consisting of shorts, as well as swimsuit or halter-top attire for women is required to allow for proper practice of techniques.

Course Objectives
Upon completion the participant will be able to:
• Describe the proposed mechanisms via which IASTM is believed to exert its clinical effect
• Describe and critique the published evidence regarding the efficacy of IASTM
• List the precautions and contraindications for IASTM
• Recognize the impact of soft tissue dysfunction on range of motion and tissue mobility of the trunk, upper, and lower extremities.
• Understand, identify, and apply the appropriate IASTM treatment edge based on the target tissue and desired treatment effect
• Differentiate between normal and abnormal soft tissue of the extremities and trunk using IASTM tools based on patient response, tissue feel, and resonance of the IASTM tool through assessment scanning strokes
• Choose appropriate basic treatment IASTM strokes based on the body region and nature of the soft tissue restriction using a case study-based format
• Choose the appropriate IASTM treatment for a variety of pathologies including but not limited to neural muscular restrictions, fascia restrictions, joint stiffness, scar adhesions, pain limited movement loss, restricted neural tissue mobility
• Integrate IASTM intervention into the overall treatment program facilitate carry-over of the treatment effect and enhance treatment outcomes
• Generate a treatment plan, establish goals, and prognosis based on exam results and treatment response

Registration Fee: $425.00

Payment Options:
1. Fax completed registration/payment info to 717.635.3897
   Check payable to: Select Medical
2. Credit Card: □ Visa □ Mastercard □ Check
   Credit Card number: __________________________
   Expiration Date: _______ CCV Code: ____________
   Signature: ________________________________

3. Mail Registration and Check to:
   Select Medical
   Attn: Erin Melton
   1794 N. Parham Road, Richmond, VA 23229
   Fax: 717.635.3897
   Email: emelton@selectmedical.com

Cancellation Policy: Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.

Enrollment for SELECT MEDICAL EMPLOYEES only
http://smportal/Departments/OutpatientDivision/outpatientEducation/SelectLiveProbrams/CourseCalendar/tabid/643/Default.aspx or contact emelton@selectmedical.com for an application form.
Faculty

**Andreas Mueller, PT, CFMT**
Andreas attended Concordia University Wisconsin and received his bachelor’s degree in Sports Medicine in January 1999 and a Master’s in Physical Therapy in May 2001. In April of 2006 Andreas became a Certified Functional Manual Therapist (CFMT) through the Institute of Physical Art (IPA).

**Program Accreditation:**
Select Medical is an approved provider with the American Occupational Therapy Association. Select Medical is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This course is approved by the NJ Board of Physical Therapy Examiners and pending approval with the PA Board of Physical Therapy Examiners.

**Non-Discrimination Statement:**
Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Due to the manual techniques that will be practiced during the course, each participant will need to complete a release and waiver of liability form which will be forwarded with course confirmation.

**QUESTIONS:**
If you have questions, please contact course Coordinator, Erin Melton: emelton@selectmedical.com or 804-290-0107.

**PRESENTS**
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**May 16 – 17 • Mount Laurel, NJ**

**TARGET AUDIENCE:** PT OT PTA COTA ATC
**LEVEL:** Introductory
**CONTACT HOURS:** 12.5

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