

STOCKTON | SCHOOL OF UNIVERSITY | HEALTH SCIENCES

**Scrape, Tape, Cup & Glide:
Restoring Space, Motion, & Slack for Restricted Neural Dynamics of the Lower Quarter
Friday, June 1st and Saturday, June 2nd, 2018**

Friday, June 1st, 4:30 pm Registration, Program time 5:00pm-9:00pm

Saturday, June 2nd 7:30 am Check In, Program time 8:00am-6:00pm

Stockton Main Campus F-103

Course Schedule / Outline:

Introduction and background of basic concepts:

Day One-Evening Start

5:00-6:00 Neural Physiology for Optimal Healing – Space, Motion, Slack

Assessing the Sensitized Neural Tissue: The following Labs are focused on collecting baseline data for test-treat-retest guided clinical decision-making

6:00-6:45 Palpation Lab

6:45-7:00 **Break**

7:00-8:30 LE Mobility Assessment Lab

8:30 – 9:00 Mechanotransduction – basic concepts

Day Two-Morning Start

Quiz for concept retention & treatment conditions

8:00-8:15 Review/ Quiz

Instrument Assisted Soft Tissue Mobilization

8:15-8:30 Instrument anatomy

8:30-9:00 Basic nerve bed strokes

9:00-9:15 Indications/contraindications

Case Scenario Teaching Labs – Application of Concepts, Introduction of Interventions & Techniques

Posterior Hip & Thigh, Foot

9:15-10:30 Concepts covered: structural differentiation. Treatment principles: nerve bed IASTM & manual therapy (pin & glide) – clinical cases Lab

- Chronic hamstring tightness
- Lumbar radiculopathy with anterolateral thigh symptoms
- Chronic plantar foot and heel pain
- The painful foot (AMPS vs. CRPS)

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10:30-10:45 Break

Negative Pressure Soft Tissue Mobilization (NPSTM)

10:45-11:00 Basic Principles and Techniques

11:00-12:00 Integrating IASTM and Cupping simultaneously over the nerve bed to promote space and motion in the above clinical scenarios

12:00-1:00 Lunch

Sliders and Tensioners

1:00-1:30 Exercises to facilitate carry-over of manual interventions

The Pelvis, Inguinal Region, and Medial & Lateral Thigh

1:30-2:15 Chronic Adductor Strain

- Structural Differentiation
- IASTM, NPSTM, Pin & Glide

2:15-2:30 Break

2:30-3:15 Pelvic Pain

- Neural Anatomy and entrapment sites
- Releasing the Psoas
- IASTM & NPSTM

Elastic Therapeutic Tape

3:15-3:45 Basic Principles and types

3:45-4:00 Break

4:00-5:00 Taping Application Lab – Use of taping over nerve beds

- Enhance motion
- Carry-over from manual interventions

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Integration of Skills – Course Conclusion

5:00-6:00 Small Group Activity – Use of selected patient case scenarios above

- Perform pre-assessment to establish neural mobility baseline
- Combine IASTM, NPSTM, Pin & Glide, and Taping interventions
- Perform post-assessment to identify treatment effect
- Provide exercise program to enhance treatment carry-over

Contact Hours

Lecture, testing: 1.25

Case Scenario & Practice Labs: 10.25

Total: 12

There will be four 15 min breaks and one 1-hour meal breaks during this course

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