

## MEET YOUR INSTRUCTOR

### John Sayler, PT, DPT, STMT-1

John brings his extensive clinical experience and passion for sports medicine to his patients at Pinnacle Physical Therapy in beautiful Coeur d'Alene, Idaho. John earned his DPT from the University of North Dakota in 2005, and is currently completing an Evidence in Motion (EIM) Manual Therapy Fellowship. His specialties include neck and back pain, orthopedic sports medicine and personal training. He believes in a hands-on approach with his patients, allowing him to better discover the root cause of their injury in order to prevent future injuries and help them become more active individuals. John spends much of this free time volunteering with young athletes to promote injury prevention in training.

## ONLINE COURSE AGENDA

1. Introduction and History of Instrument Assisted Soft Tissue Mobilization (30 minutes)
2. Physiological Responses of IASTM (30 minutes)
3. Tool Options (15 minutes)
4. Safety (15 minutes)
5. Fundamentals of IASTM (30 minutes)
6. Fundamentals of Kinesiology Taping (30 minutes)
7. Principles of Movement Assessments and Corrective Exercise Strategies (30 minutes)

## COURSE FEE INCLUDES:

**13 Live Hours**



1130 Scott Blvd., Ste. 1  
Iowa City, IA 52240

**REGISTER NOW!!!**

Limited Seating is Available



*Combining Manual Therapy, Movement Based Assessment and Correctives, and Kinesiology Taping*

## IASTM

**Instrument Assisted Soft Tissue Mobilization**

*Soft Tissue Manual Tool LEVEL 1:  
Two-Day Course*



**April 13 & 14, 2019**

**Iowa City, IA**

## COURSE DESCRIPTION

Introducing the Soft Tissue Manual Tool (STMT) series, the Medical Minds in Motion Instrument Assisted Soft Tissue Mobilization (IASTM) Certification. In today's rehabilitation environment, knowing how to safely and effectively utilize IASTM tools is essential. With so many IASTM tool options available in the market, wading through the sea of choices in order to find the tool that will work best for you is daunting. Our certification program is unique, as it provides hands-on experience with multiple tool options in order to allow you to choose which tool or set of tools is the best fit for you. The certification consists of 3 hours of online content, which is prerequisite to the 13-hour live hands-on lab course. The online portion takes an in depth look at the history and physiology of IASTM, movement principles and kinesiology taping, as well as fundamentals of each technique in order to develop a foundational understanding to prepare you for the live course.

Taking a best practice approach, the STMT certification utilizes universal assessment and treatment strategies that can be applied with any IASTM tool. During the 13 hour hands on lab portion, you will develop a clear understanding of the mechanical principles of increased tissue perfusion, the localized inflammatory response and speed of tissue healing. A strong emphasis will be placed on the neurophysiological principles of "less is more", decreasing tone, decreasing threat and stimulation of mechanoreceptors to assist with improving movement. In addition, you will explore and discuss various corrective exercises and kinesiology taping strategies for continued positive outcomes provided by IASTM. Extensive practice during the live portion will allow you to develop a knowledge base for the clinical decision making and implementations. Emphasizing cervical mobility, shoulder mobility, thoracic rotation, spinal flexion, knee flexion and many more, you will develop dynamic treatment options to progress your patients to the ultimate goal of functional movement with lasting outcomes.

## COURSE SCHEDULE / LOCATION

**Saturday, April 13, 2019**

7:30 am registration

8 am - 4 pm (lunch on your own)

**Sunday, April 14, 2019**

8 am - 4 pm (lunch on your own)

### Mercy Hospital

500 E. Market Street Iowa City, IA 52245

**\*The course will be held in the 1st Floor Conference Room both Saturday & Sunday. There will be signs directing participants where to go\***

## LIVE COURSE AGENDA

**\*EACH SECTION WILL INCLUDE: ASSESSMENTS – DEMOS - LAB PRACTICE - TAPING STRATEGIES\***

### Day 1

1. Review of Online Content
2. Cervical Spine Techniques
3. TMJ Techniques
4. Anterior Shoulder Girdle Techniques
5. Posterior Shoulder Girdle Techniques
6. Elbow Techniques
7. Forearm/Wrist/Hand Techniques
8. Tying Day 1 Together

### Day 2

1. Hip Techniques
2. Knee Techniques
3. Lower Leg/Ankle Techniques
4. Foot Techniques
5. Thoracic Spine Techniques
6. Lumbar Spine Techniques
7. Final Lab Practice/Review/Practical Exam
8. Wrap-up

## ATTENDEE OBJECTIVES

1. Demonstrate safe techniques for implementing IASTM with multiple populations.
2. Utilize movement assessments to determine appropriate soft tissue limitations appropriate for IASTM.
3. Explain the rationale behind IASTM comparing mechanical vs neurological responses using the most current literature.
4. Implement IASTM into a comprehensive treatment program for optimal patient outcomes.
5. Discuss the rationale for patient positioning and when to treat the targeted tissues loaded vs unloaded and active vs passive.
6. Differentiate appropriate taping methods based on a patient's injury, dysfunction, and/or limited function.
7. Demonstrate competent rationale for IASTM treatment progressions by combining clear assessments with an EBP approach to care.
8. Complete a skill check off/rubric at the end of the seminar demonstrating safety and competency with an assessment, tool technique, taping strategy and an appropriate corrective exercise.

## IASTM

### Instrument Assisted Soft Tissue Mobilization

April 13 & 14, 2019

\$549.00

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NAME

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ADDRESS

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CELL PHONE #

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EMAIL ADDRESS

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EMPLOYER

PROFESSION: PT PTA OT COTA ATC

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VISA/MCARD/DISCOVER #

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EXPIRATION DATE

**If paying by check make check payable to:**

Progressive Rehabilitation Associates, L.L.C.

**Mail check to:**

Progressive Rehabilitation Associates, L.L.C.

Attn: Colleen

1130 Scott Blvd., Ste. 1

Iowa City, IA 52240

**Refund & Cancellation Policy:**

Individuals who find it necessary to cancel may receive a refund; less a \$25.00 processing fee. To receive a refund you must call us at least 14 days before the program date. The course sponsor reserves the ability to cancel the course with a 15 days notice

**For more information, contact:**

Leslie Carpenter - [lcarpenter@praiowa.com](mailto:lcarpenter@praiowa.com)

Colleen Benhart - [clbenhart@gmail.com](mailto:clbenhart@gmail.com)