



# FMT Rock Pods

Myofascial Cupping Practitioner Course

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Hello  
my name is

Name  
Alphabet Soup

## Provider/Financial Disclaimer

RockTape and the presenter for this seminar have financial associations with the manufacturer of commercial products used in this seminar.

You are not required to purchase the supplies or products used in this course.

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“

**We are a movement company that dabbles in tape.**

— Someone important

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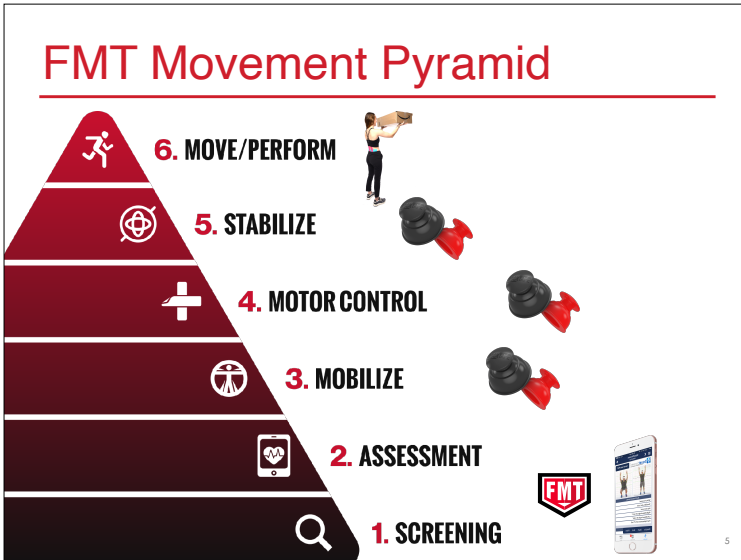
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### FMT Core Concepts



1. Movement Matters.
2. Exposure Therapy - Less May be More
3. Brain Based Approach to patient/client care.
4. BioPsychosocial Approach to Pain.
5. Screen/Re-Screen.
6. Concepts vs. Protocols.
7. Human GPS - planes, joint by joint, skin, fascia
8. Evidence Informed.
9. Dosage Matters.
10. Ancora Imparo

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# FMT RockPods - Outline

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History of Cupping

Decompression Effect

Research

Treatment Considerations

Exposure Therapy

Cupping Techniques

Out of the Box Thinking

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# Movement Matters

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# TEACH TOUCH MOVE

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Multi Modal Approach



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# 1

## Cupping Therapy

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### Traditional Types of Cupping

1. **Flash Cupping** - cups are applied and removed in quick succession in order to create an effect on pain without a reactive effect on the skin
2. **Dry (Static/Fixed) Cupping** - is probably the method most often employed.
3. **Wet Cupping** - is also called **Hijama**. After using dry cupping for up to 5 minutes, the therapist will make small incisions in the area. The cup is prepared once again and applied to the affected area. Blood will be drawn out of the body in the vacuum.
4. **Massage Cupping** (also known as glide cupping) - involves moving the cup over the affected area, such as the back, to combine both massage and cupping, this effectively causes a myofascial release.

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# 2

## Mechanisms

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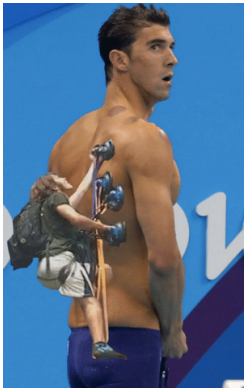
## Under the Cup Analysis



What does it mean?

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## Injury or Healing?

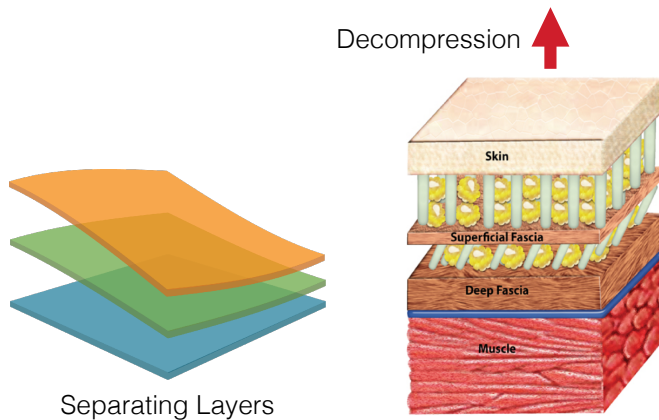


Gif - Leroy Patterson

1. Mechanical Effects
2. Fluid Dynamic Theory
3. Neuro-Chemical Effects

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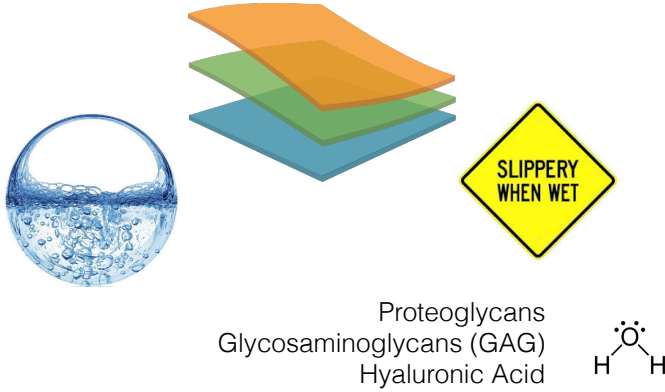
## Mechanical - Creating Space



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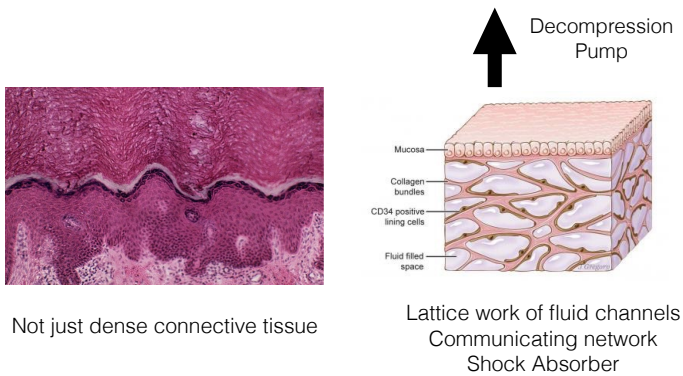


## Fluid Effect - External Pump



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## What's its Relevance?



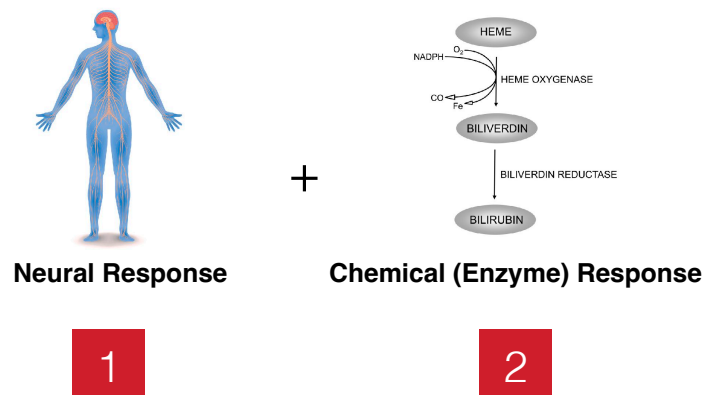
Not just dense connective tissue

Lattice work of fluid channels  
Communicating network  
Shock Absorber

Petros C. Benias, Rebecca G. Wells, Bridget Sackey-Aboagye, Heather Kivian, Jason Reidy, Darren Buonocone, Markus Miranda, Susan Komacki, Michael Wayne, David L. Can-Locke & Neil D. Theise. Structure and Distribution of an Unrecognized Interstitium in Human Tissues. Scientific Reports, Volume 8, Article number: 4947 (2018)

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## Neuro-Chemical Response



Neural Response

Chemical (Enzyme) Response

1

2

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# Neural Response

Talk to the Brain



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## Haptic (Touch) & Visual Cueing

**Haptic Cueing** is the mechanism by which signals are detected by our skin and the sense of touch is used to provide spatial orientation and situational awareness in motion detection.

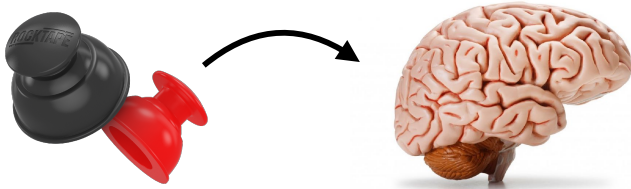


A **Visual Cue** is a signal and reminder of something; aiming to be self-explanatory and preattentive, it brings to mind knowledge from previous experiences providing a framework for its own interpretation



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## Precision Training

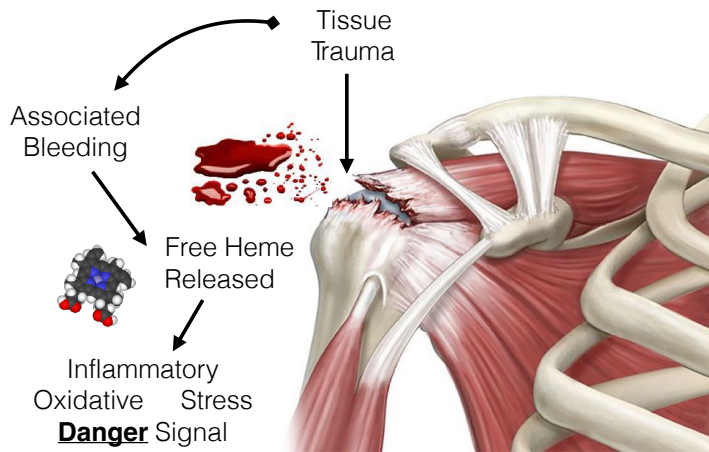


Improve Sensory Map  
Change Body Awareness  
Decrease Pain  
Improve Motor Control

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## Classic Injury Cascade



## The Problem

Excessive Free Heme

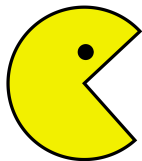


Excessive Oxidative Stress  
Excessive Inflammation  
Increased Fibrosis

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## The Solution

A Buffering System = Heme-Degrading Enzyme



Heme Oxygenase  
HO-1

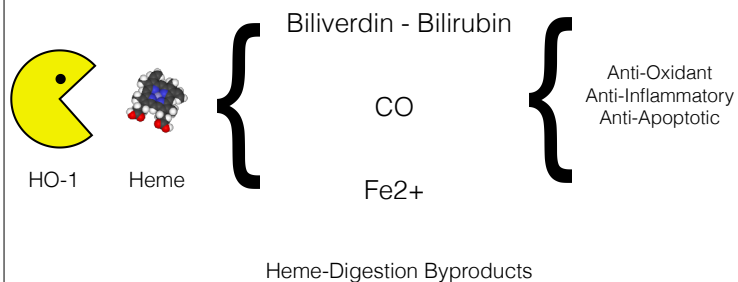


Free Heme

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## Injury Buffering System via HO-1



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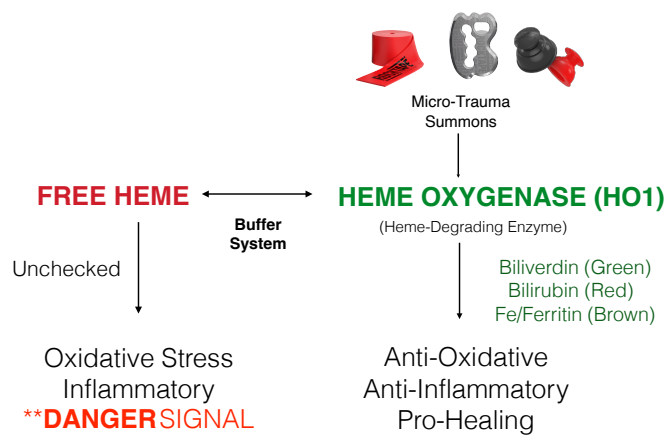
## Chemical Response

Enzymatic Effects of Cupping Therapy



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## Heme Degradation Cascade



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## Cupping Response Summary



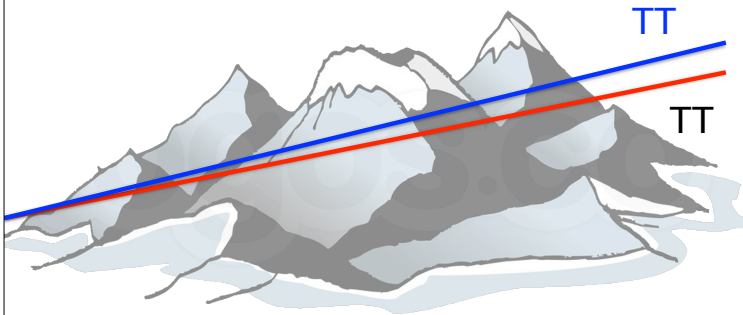
Bruising - Good/Bad?



Neither  
Graded Exposure Concept  
Person Attached to Tissue

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## Tissue Tolerance



Explain Pain - Moseley/Butler

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## Minimum Effective Dose



The smallest dose that will produce a desired outcome.

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# 3

## Research

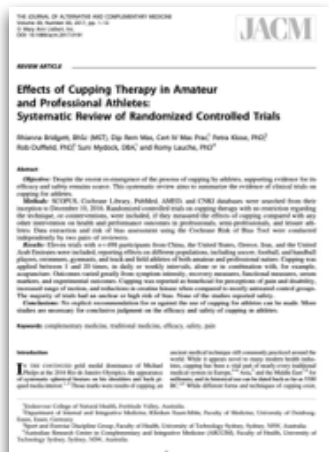
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## Research

**Limitations:** most studies don't include proper control groups and thus cannot rule out a placebo effect  
**Reality:** The therapeutic effects of cupping remain controversial  
**Bottom Line:** Generally considered safe, lest the possible bruising, if applied by trained professional

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## Cupping + Athletes - SR of RCT



- Eleven trials with n = 498 participants from China, the United States, Greece, Iran, and the United Arab Emirates were included
- No explicit recommendation for or against the use of cupping for athletes can be made

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[illegible]

### Conclusions:

Results of our systematic review provide some suggestive evidence for the effectiveness of cupping in the management of pain conditions

**Limitations:**

RCTs included in the analysis and the methodological quality were too low to draw firm conclusions

[illegible]

Review of 16 Trials concluded that.....

**“at least moderate evidence that cupping is more efficacious than no treatment or other treatments (such as heat therapy, usual care, and conventional medications) in reducing pain over the short term.”**

[illegible]

### Conclusion.

A single application of traditional cupping might be an effective treatment for improving pain, quality of life, and hyperalgesia in CNP



[illegible]

Chinese cupping may be a low-risk, therapeutic treatment for the prompt reduction of symptoms associated with subacute and chronic low back pain. Cupping may allow patients to progress to functional movement training in a timely manner by promptly reducing pain and muscle tenderness and improving range of motion.

Accumulating data demonstrate that the HO enzymes execute anti-inflammatory, anti-apoptotic, and anti-proliferative functions through the effector molecules generated by heme catabolism



## Silicon Cups - Benefits

- Easy to Clean/Disinfect
- Easy to Apply - Plunger
- Moldable to Various Body Parts
- Various Decompression Levels
- Different Sizes/Colors
- Carrying Case for Portability



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## RockPods - 2 Sizes



Small

Large

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## Cleaning Cups

Silicone has low toxicity and low chemical reactivity with lotions and creams. Silicone is non-porous so it will not support bacterial growth. In addition, silicone cups are odorless, non-shattering, watertight and hygienic as they are easy to clean.

Generally speaking, if cupping is performed on intact skin only, cups can be treated as **noncritical reusable medical devices** that need to be cleaned and then disinfected with an appropriate low-level disinfectant.



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## Skin Prep - Optimal Suction Effect



Hair length



Increased tissue temperature



Emollient



Mold to Body Contour

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## Non Negotiable

**COMFORT  
SAFETY  
PRACTICAL**



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## Exposure Therapy

Remember, you are working on a person  
attached the tissues



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## Multiple Levels of Application

Inverted

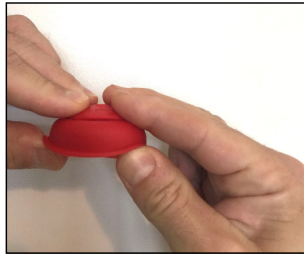
Plunge

Pre-Plunge



Exposure Therapy <sup>46</sup>

## Pre-Plunge Method



Pre-Plunge Prior to Application <sup>47</sup>

## Plunge Method



Plunging Technique



<sup>48</sup>



## Inversion Method



Greatest Vacuum Effect

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## Inverted Method



Inverted cup

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## Inverted Method Application



Apply convex surface to target area - press down on edge create vacuum.

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# 5

## Treatment Considerations

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## Indications

- Decreased pain
- Promotion of healing
- Improved blood flow
- Improved range of motion
- Manipulate dermal/sub-dermal connective tissue
- Neuro-sensory stimulation (Novel Stimulus)



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## Contraindications

- Over areas of broken skin (open wounds) or rashes severe edema (swelling), or otherwise fragile skin
- Areas where there are large blood vessels
- High fever with convulsions.
- Bleeding disorders
- Pregnant women should never have cupping on the abdominal and sacral area.
- Varicose Veins
- Dermatitis and Eczema
- Hernia
- Severe health issues (CHF, Renal Failure)
- Areas near large veins such as groin region
- Infections
- Systemic inflammatory conditions (RA)
- Over the scalp



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# Screen/Re-Screen

Check your work



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## Screen/Re-Screen Model

1. Pain Perception
2. Range of Motion
3. 2 Point Discrimination (Mapping)
4. Function - Balance, Reaction Time, Motor Control, etc
5. Tissue Glide/Pliability - MSK Ultrasound



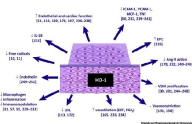
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## Possible Mechanisms

1. **Mechanical Decompression** - space acquisition



2. **Neuro-Chemical Effects** - cascade of neuro-chemical responses to mechanical stimulation



3. **Neurosensory Effects** - improved body awareness, decreased smudging, improved tactile acuity, perception and control

What we want to take advantage of

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# Exposure Therapy

Remember, you are working on a person attached the tissues



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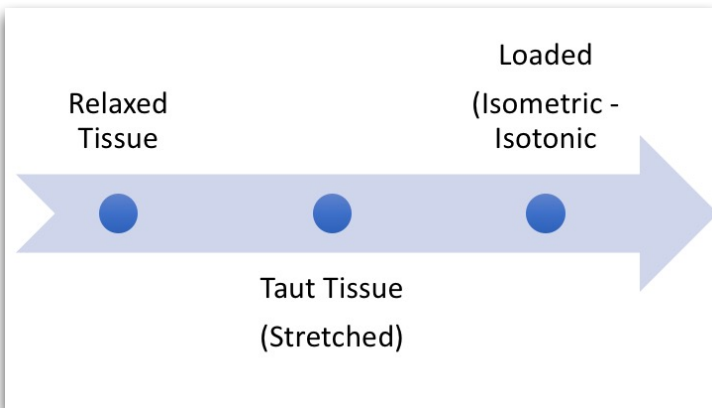
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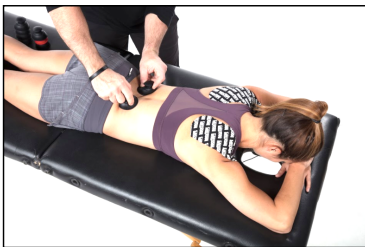
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## Position Progression



Relaxed



Lengthened

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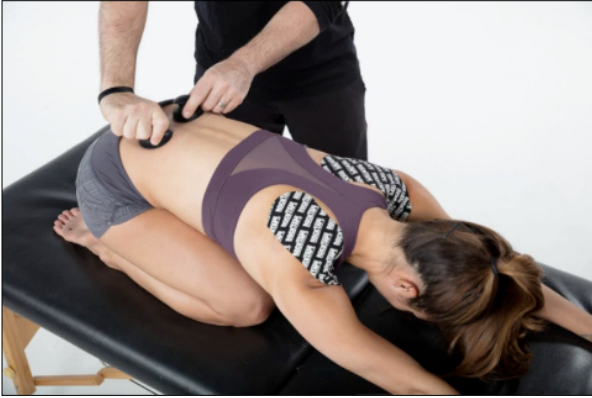
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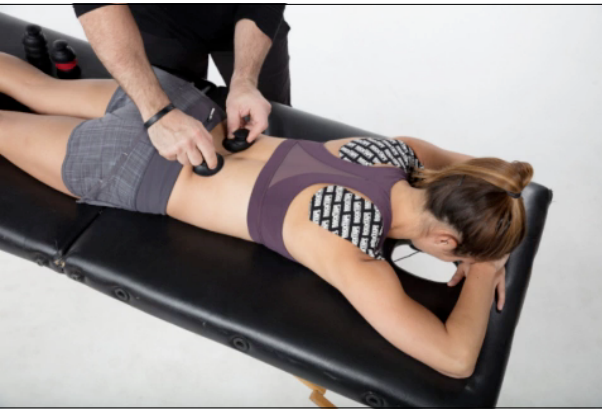
## External Glide - Horizontal Glide



Medial/Lateral Linear Glide

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## External Glide - Vertical Glide



Superior/Inferior Alternating Vertical Glide

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## External Glide - Torque

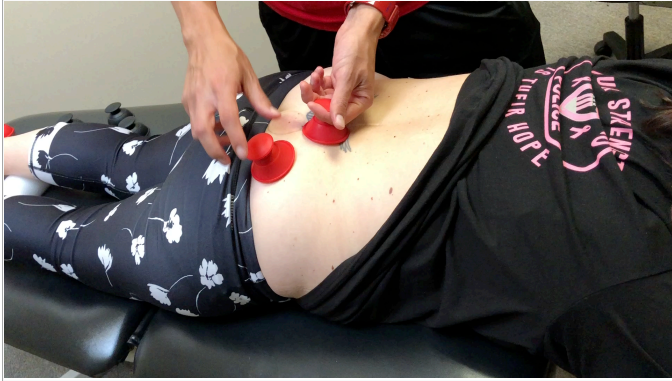


Door Handle Method

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## External Glide Case Study



Note: Directional Preference + Communication

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## External Glide Treatment Vectors

### Cupping Mobilization:

Mobilization: A manual therapy technique comprising a continuum of skilled passive movements to the **SCINT** complex that are applied at varying speeds and amplitudes, that may include a small-amplitude/ high velocity therapeutic movement (manipulation) with the intent to restore optimal motion, function, and/ or to reduce pain.

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## Mobilization Grades

**Grade I** - Small amplitude rhythmic oscillating mobilization in early range of movement

**Grade II** - Large amplitude rhythmic oscillating mobilization in mid-range of movement

**Grade III** - Large amplitude rhythmic oscillating mobilization to point of limitation in range of movement

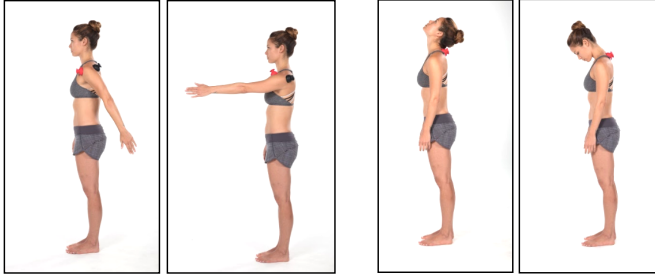
**Grade IV** - Small amplitude rhythmic oscillating mobilization at end-range of movement

**Grade V** (Thrust Manipulation) - Small amplitude, quick thrust at end-range of movement

Ref: Maitland 69



## Internal Glide Examples



- Cup + Movement - creating internal shearing effect
- Reinforces the safety/comfort with once painful pattern

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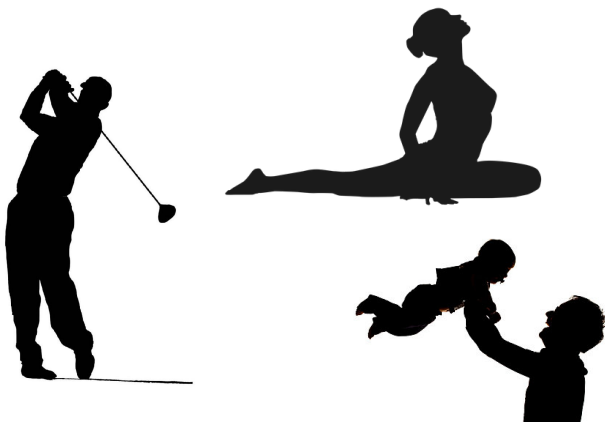
## Touch can Move Us

1. **Instrumental Touch** - manual therapy
2. **Affective Touch** - communicate, comfort, support (expressive touch)
  - Establishing a sense of body ownership
  - Reinforcing pain free movement potential
  - Coupled with reassurance by the therapist

Aeon - "touch is a language we cannot afford to forget"

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## Find What "Moves" Them



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# Bio/Psycho/ Social

Changing Behaviors



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## Graded Exposure

1. **Comfortable** - 3 Levels of Vacuum
2. **External Glide** - Mobilization Vectors/Grades
3. **Internal Glide** - Meaningful Patterns
4. **Patient Position** - Progressions/Regressions
5. **Dosage** - 3-90 secs
6. **Education/Encourage** - Psycho/Social

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# 6

## Strategies

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## RockPod Strategies

1. **Flash Cupping Therapy** - cups are applied and removed in quick succession in order to create an effect on pain without a reactive effect on the skin
2. **Dry (Static/Fixed) Cupping Therapy** - is probably the method most often employed.
3. **Sensori-Motor Retraining**
4. **Tweak Cupping Therapy (Cupping with Meaningful Movement)**
5. **Nerve Entrapment Cupping Therapy**
6. **Scar Manipulation Cupping Therapy**

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## Order - Less is More Approach

1. **Flash Cupping Therapy** - 5 seconds per site in series
2. **Static Cupping Therapy** - 30-90 seconds per site
3. **Massage “Cupping” Therapy:**
  - External Glide - Multi-Directional/Vector
  - Internal Glide
  - Local + “Ripple” Applications

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# 7

## Dry Cupping With Movement

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## Dry Cupping



Apply cups over target area and neighboring regions (ripple) to aid in pain mitigation and mobility enhancement.



**Vacuum Dosage:** 30-90 Seconds

Note: Some skin/tissue response may be observed (non tender bruising) 79

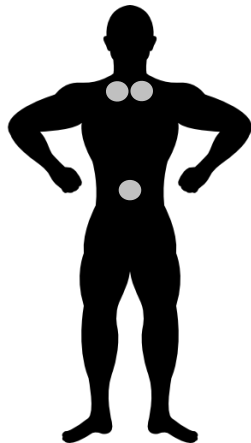
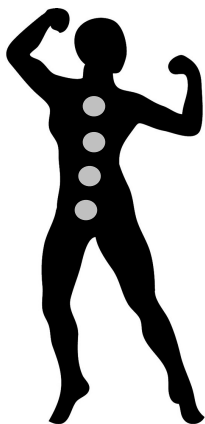
## Treatment Considerations

1. **Comfortable** - 3 Levels of Vacuum
2. **External Glide** - Mobilization Vectors/Grades
3. **Internal Glide** - Meaningful Patterns (pain free)
4. **Patient Position** - Progressions/Regressions
5. **Dosage:** 3-90 secs (Zein-Hammoud, Standley)
6. **Education/Encourage** - Psycho/Social

Manal Zein-Hammoud, PhD . Paul R. Standley, PhD. Modeled Osteopathic Manipulative Treatments: A Review of Their in Vitro Effects on Fibroblast Tissue Preparations J Am Osteopath Assoc. 2015;115(8):490-502

80

## Trunk Applications



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## Low Back App



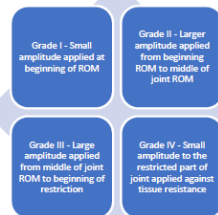
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## External Glide Techniques



Treatment Vector

### Mobilization Grade



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## Position Progressions





## Internal Glide - Sagittal Plane



Functional/Meaningful Movements - Internal Glide

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## Internal Glide - Frontal Plane



Make it Meaningful

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## Internal Glide - Transverse Plane

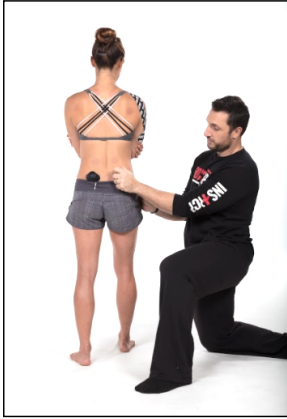


Make it  
Meaningful

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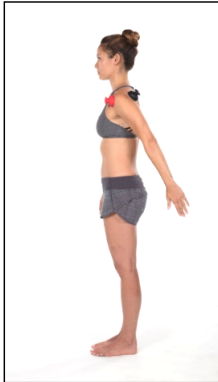
## Low Back App - Therapy Assisted



External Glide - Optimal Vector  
Patient Position - Meaningful?

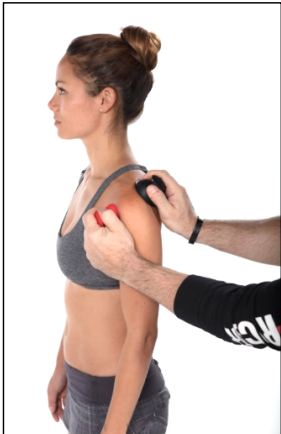
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## Shoulder App with Movement



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## Therapist Assisted Mobilization

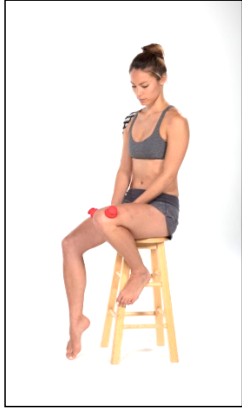


Augmented External Glide (therapist)  
Regressed Patient Position - Neutral  
Decreased Smudging - Gamification

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## Knee App with Movement



Open Chain



Visual Gaze

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## 8

### Sensori-Motor Retraining with Cups

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## Internal vs. External Cueing

- **Internal cue:** The individual focuses on his/her body parts and how they move.
- **External cue:** The individual focuses on affecting something in his/her environment. He/she focuses on the outcome of his/her movement.

#### Example:

- **Jumping Movement**
  - **Internal Cue** - Explode through hips
  - **External Cue** - Touch the Sky

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# Cueing

## Internal Cueing

- Big chest (deadlift, snatch, clean and jerk, bench press)
- Tuck your elbows (bench press)
- Push through your heels (squat)
- Knees out (squat)
- Pull the hips through (deadlift)
- Shoulders back (bench)

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# Cueing

## External Cueing

- Stretch the front of your shirt
- Push the floor away
- Break the bar
- Spread the floor
- Bring **"red cup"** towards **"black cup"**
  - A version of an external cue

**Generally More Effective  
in Cueing Movement**

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# Sensori-Motor Retraining



Bring the **red cup** toward the **black cup**:

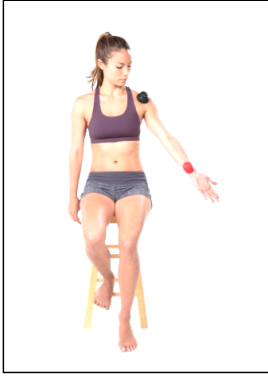
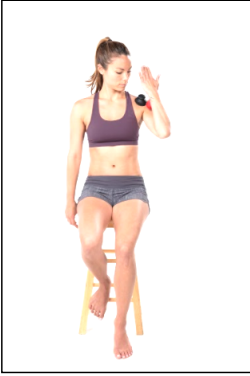
- Visual Cue
- Tactile (Haptic) Cue

Connect the Dots

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## Connect the Dots



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## Scapular Retraction



Connect the Dots

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## Scapular Depression/Retraction



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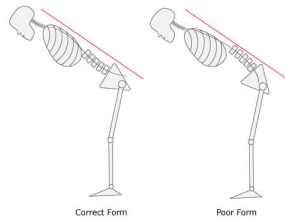


## Dorsi-Flexion (Foot Drop Correction)



100

## Thinking out of the Box



How would you use cups as a corrective tool?

101

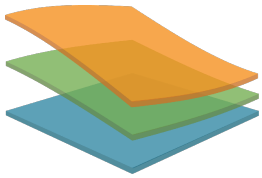
# 11

## Nerve Entrapment Cupping

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## Mechanism



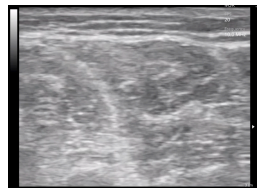
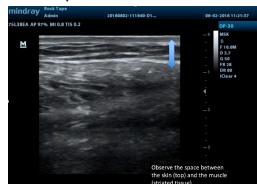
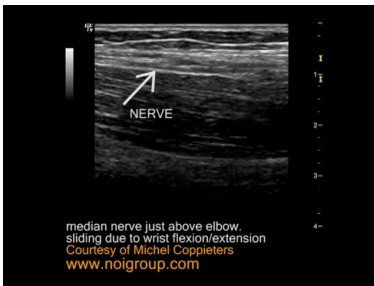
Decompression Effect



Pain Mitigation

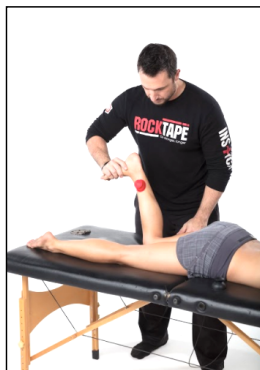
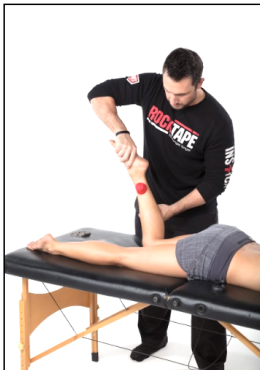
103

### Decompression with Cups



External Glide with Cups

## Tibial Nerve Mobilization

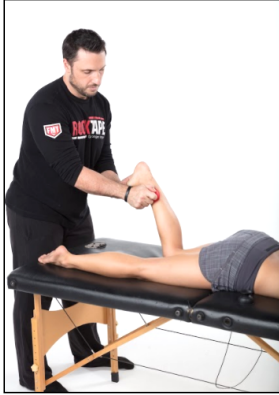


**Clinical Relevance:** Plantar Pain, Weakness of Foot Muscles, Parathesia (foot/toes)

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## Tibial Nerve - Therapy Assisted



- Optimal Skin Glide Vector - External
- Add Internal Glide - as tolerated (neuro-mobilization)
- Make it meaningful

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## Sciatic Nerve Mobilization



**Clinical Relevance:** Weakness, Numbness, Shooting Leg/Back Pain, Tingling

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## Sciatic Nerve - Therapy Assisted



Optimal External Glide



Internal Glide Movement

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## Saphenous Nerve Mobilization



**Clinical Relevance:** Groin, Knee, Medial Shin/Ankle/Foot Pain, Numbness

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## Femoral Nerve Mobilization



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## Lat Femoral Cutaneous Nerve Mobs



**Clinical Relevance:** Tingling, numbness, during pain in the outer part of thigh

111



## Median Nerve Mobilization



**Clinical Relevance:** Loss of abduction and opposition (thenar), sensory loss and weakness in forearm pronation and wrist/finger flexion

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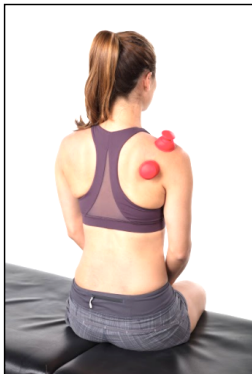
## Radial Nerve Mobilization



**Clinical Relevance:** Sharp/Burning Pain back of hand. Numbness/Tingling and difficulty straightening the arm

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## Supra scapular Nerve Mobs



**Clinical Relevance:** Weakness/atrophy (supra/infra), burning pain to neck, back or arm. Loss of shoulder function.

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# 9

## Scar Manipulation Cupping

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## Screening Scar Mobility



Vertical Vector Screen

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## Vertical Mobilization



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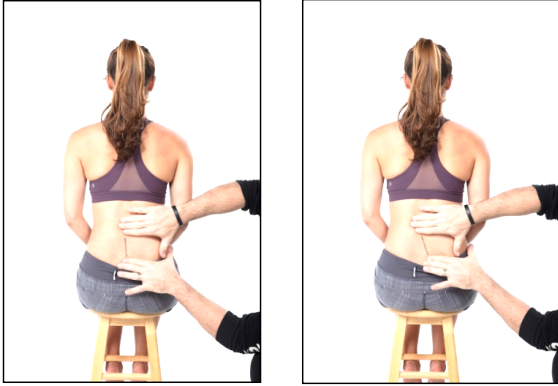
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## Medial/Lateral Skin Screen



118

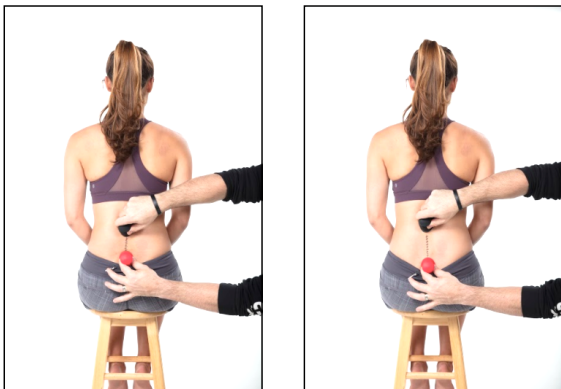
## Med/Lat Mobilization



Alternating Vectors

119

## Tissue Separation - Flattening

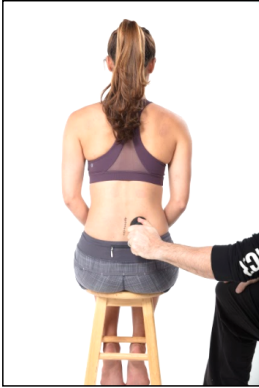


Keloid (raised scar) Formations

120



## Door Knob Method



Torque Vector - Complex Scar Formation

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## Summary

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## How did we do?

1. Define, understand and integrate the myofascial sequencing model
2. Discover and explore neuroanatomy of the dermal & fascial subsystem
3. Recognize and demonstrate a novel skin/fascial/movement screening process
4. Describe and interpret the research as it relates to connective tissue gliding, pain modulation, and movement therapies.
5. Define, practice, and integrate myofascial cupping techniques related to soft tissue pathology as it relates to tension/decompression, direction, external cueing and pressure.
6. Compare, contrast and perform various methods of current rehabilitative treatment techniques with RockPods.

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Thank you

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[pesi.com](http://pesi.com)  
[soundsportsimaging.com](http://soundsportsimaging.com)  
[www.zhealtheeducation.com](http://www.zhealtheeducation.com)

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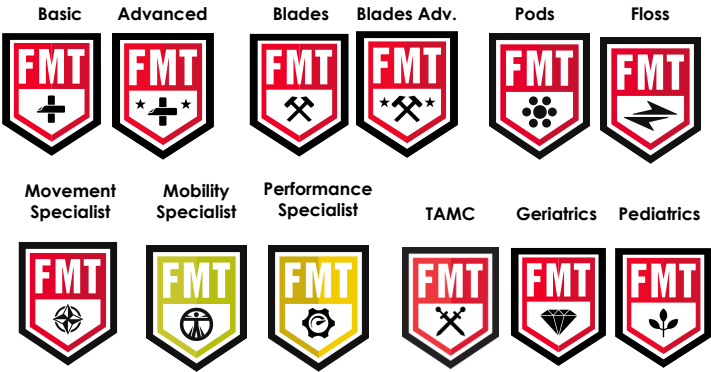
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# FMT - Functional Movement Training Certifications



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