



## FMT ROCKPODS & ROCKFLOSS

<http://rocktape.ca/fmt-rockpods-rockfloss-winnipeg-mb-september-28-29/>

**Until now, choices were limited if you wanted to learn how to treat with medical cups. You had to read a book or attend an expensive class that locked you into treating patients with specific, complex protocols. Not anymore**

The term 'flossing' is commonly associated with the image of a thick rubber band wrapped around an athlete's large muscles, however; 'floss bands' are an excellent tool for clinical care and a valuable tool for your patient's and athlete's self care programs.

**FMT RockFloss** explores the science of compression band flossing and fascial shearing to help improve joint mobility, reduce pain\*, and enhance movement. RockFloss is the one of the latest additions to the RockTape tool arsenal to better equip each clinician, therapist or trainer to deliver superior patient and client outcomes.

**Myofascial Cupping** has been around since the early 19th century - only recently has the image of purple circles on professional athlete's backs created attention to an ancient myofascial therapy. The cups and techniques have changed over time, but the basic premise of the cups providing suction to decompress the underlying tissue remains the same.

The FMT RockFloss Certification introduces the concept of skin/fascial/nerve gliding to help reduce tissue swelling, improve movement and modulate pain\* with the use of 'compression

band floss'. This course will cover the anatomy, physiology and neurology of the effects of compression band flossing on connective tissue gliding, tissue traction and tissue compression.

Interventions with compression band floss (including direction and pressure concepts) will be reviewed and integrated into current rehabilitative concepts.

FMT Flossing and Cupping Certification courses are led by industry leading experts in movement assessment and therapy AND you get to take home your supplies from the course to use immediately on your patients and athletes.

**FMT RockPods** explores the science of tissue gliding, traction and decompression with easy to use myofascial cups. RockPods are one of the latest additions to the RockTape tool arsenal to better equip each clinician and therapist to deliver superior patient and client outcomes

FMT RockPods Certifications are intended for health and fitness professionals. CEUs may be offered for DC, ATC, PT, LMTs, LAc, OT and personal trainers – depending on location and class type. FMT Certified professionals receive an additional 10% discount on most of the RockTape product line after taking a class.

FMT RockPods Certification introduces the concept of skin/fascial decompression to help improve tissue mobility, improve movement and modulate pain\* with myofascial cupping. This course will cover the anatomy, physiology and neurology of the effects of myofascial cupping on connective tissue gliding, tissue traction and tissue decompression. FMT RockPods Certification will explore skin and fascial decompression with myofascial cups by evaluating the dermal and fascial systems. Interventions with cupping (RockPods) will be reviewed based on the literature and integrated into current rehabilitative concepts.

This 6-hour certification course is intended for practitioners and therapists with a basic understanding of soft tissue techniques. All supplies needed for the course are provided. There are no prerequisites for FMT RockPods.

- FMT RockPods - \$300 Saturday
- FMT RockFloss - \$300 Sunday
- 50% Student Discount - discount is available for current fulltime students. Email a copy of your current student ID (must show a year) or class registration to [student@rocktape.com](mailto:student@rocktape.com)

*25% fee for registration cancellations made less than 2 weeks before scheduled class date.*

*Training may be canceled if a minimum number of trainees is not reached two weeks prior to training. All registrants will receive a full refund or immediate transfer to a future training.*

*We do everything possible to ensure our events will go on as planned, but Mother Nature can choose to not cooperate. If it looks like a class will have to be cancelled, we will do our very best to contact you and give you as much notice as possible. With that said, please make your travel plans accordingly, knowing that we are not responsible for acts of God and cannot refund travel expenses related to cancelled/rescheduled seminars.*