

How do I register?



By Phone:
Call **(800) 791-0262** and provide the
information requested on the registration form.



By Mail:
Complete the registration form and mail it to
Motivations, Inc.



On the Web:
Visit www.motivationsceu.com to register!

Motivations, Inc.
Or fax: **(815) 371.1499, Questions? (800) 791.0262**

Updated: 12-12-22

Rate	Description	6 Hrs
Group	5 or more registrations	\$100
Individual	Single Registration	\$125

Circle One: VISA MASTERCARD AMEX

Account Number Exp. Date

Signature Billing Address Zip code

Course # Course Title

Name Discipline

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

Cancellation Policy: Motivations, Inc. reserves the right to remove a self-study course from our listing of options. Should you have already registered for an inactive self-study course, you will receive a full refund. Participants may receive full refunds when requesting cancellation before the shipment of course materials.



Motivations, Inc.

Accredited Continuing Education Courses

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National Credentials
Motivations Inc. works with the following CEU approval sources.
See individual brochures with approval information by course.



TEXAS
PHYSICAL THERAPY
ASSOCIATION



For a complete listing of State
Physical Therapy approval
statuses, visit our website at

Motivationsceu.com

#9167 Instrument Assisted Soft Tissue Manipulation (IASTM)

Instructor

**Chris Gellert, PT, MMusc &
Sportsphysio, MPT, CSCS, NASM-CPT**

A self-study course for
Physical Therapists and Assistants

Materials INCLUDES:

**20 Video and 150 page course online book
6 CEUs or 6 Contact Hours**



SUMMARY: This dynamic home study course entitled “Instrument Assisted Soft Tissue Manipulation (IASTM)” is designed for physical therapists and physical therapist assistants teaching the foundational material on how to use this technique to benefit patient treatment in your clinical practice.

Why use IASTM?

- Significantly increases the range of motion (ROM)
- Decreases peripheral resistance whereby increasing tissue temperature
- Decreases pain
- Increases microcirculation
- Increases tissue perfusion and alters microvascular morphology in the vicinity of healing knee ligaments
- Accelerates tissue and ligament healing
- Reduces the compression forces on the clinician's hands, especially the DIP joint

COURSE MATERIALS:

This course was designed to be systematic, evidenced-based and most importantly, have a direct application that can be used immediately with your patients. The course material nicely compliments a one or two-day live seminar on IASTM offered by other CEU providers. In 2022-2023, it is our intent to also offer a two-day IASTM live seminar courses that will complement the home study course. It will provide the attendee with the ability to gain and understand new knowledge on IASTM, learn how to assess more efficiently and practice the skills learned from the home study course. The course comes with the following:

- A 150-page comprehensive CEU approved course manual that has over 240 references is divided into twelve distinct and separate chapters. The course is filled with over 100+ illustrations and graphics to enhance the learning experience. Delivery is sent electronically from PTCS to the customer or a physical manual can be shipped at an additional fee.
- The student will have access to over 20 videos that compliment and review each of the twelve chapters of the IASTM Home Study Course. To access these videos, each student is required to provide a sign in on our secure website.
- All examination costs are included. To earn respective CEUs, a student must sign in on our secure website verifying to PTCS who they are. Once verified, PTCS requires every student to take an online 25 question multiple-choice examination. This examination can be taken anytime or are your leisure. Once the examination is complete and the student earns a score of 75%, the CEU certificate is sent directly to the student from PTCS.

INSTRUCTOR: Chris Gellert, PT, MMusc & Sportsphysio, MPT, CSCS, NASM-CPT is the CEO and founder of PTCS Consulting. Chris uniquely is both a physical therapist and a personal trainer with 21 years of experience. In the physical therapy and education field, I bring more than experience to the table. He holds an Advanced Master's degree in orthopedics & sports physical therapy from the University of South Australia, a Master's degree in physical therapy from Nova Southeastern University, and a B.S. in Marketing from SUNY Plattsburgh. Following graduation from Physical Therapy school, Chris has practiced in a variety of settings including, hospital, inpatient, outpatient, industrial rehabilitation, and private practice settings. Chris's experiences in these settings left him wanting to do more. Which fueled him in 2003 to start Pinnacle Training & Consulting Systems. He has solely developed 17 home study courses, 5 live seminars, 2 advanced certifications, teaching the foundation of the science behind the movement to personal trainers and physical therapists. Over the last 15 years, Chris has consulted with dentists, exercise manufacturers, and has expert witness experience.

COURSE OBJECTIVES:

At the end of this course, the participant will be able to:

1. Interpret and list two sources on the foundation and origin of Instrument Assisted Soft Tissue Manipulation (IASTM) and the latest research as it applies clinically.
2. Apply the fanning stroke with a patient who has active or latent trigger points in their upper trapezius muscle.
3. Independently defend the selection of one IASTM tool and treatment plan for a specified clinical condition.
4. Correctly compare mechanical and physiologic responses of IASTM when provided with a case study.
5. Explain three key differences between a fascial restriction and muscle tightness.
6. Identify two indications and two contraindications of IASTM for an instructor named clinical condition.
7. Explain the rationale behind IASTM by comparing mechanical vs. neurological responses using the most current research.
8. Understand what fascia is, how to identify common fascial restrictions using the IASTM and latest research.
9. Based on instructor specified example indicating evaluation findings, will accurately choose the IASTM technique to manage the condition.



10. Compare the difference between the clinical patterns of spinal stenosis, spondylosis and lumbar radiculopathy in terms of each diagnoses behavior of symptoms, clinical findings, and common muscle imbalances.
11. Compare an active trigger point vs. a latent trigger point for patients diagnosed with fibromyalgia.
12. Justify the IASTM tool selected based on the presence of trigger points in a therapy evaluation.
13. Design a plan of care, including the IASTM, for a patient diagnosed with either a rotator cuff repair, subacromial decompression, shoulder impingement or similar diagnoses.

FORMAT: This is an 6-hour course equivalent to 6 CEUs or 0.6 CEUs

CEU Approval: Motivations Inc. is an approved provider or has obtained approval with the following organizations:

PT CEU's: TPTA – Texas Chapter of APTA Accredited Provider in Continuing Competence Approval Program

AR - Arkansas Physical Therapy Association

CA - Physical Therapy Board of California approval agency.

IL-State of Illinois Professional Regulation – 216.000040

NY-New York State Education Department, Office of Professions, State Board of Physical Therapy approved sponsor for PT and PTA

TX-This activity is approved by the Texas Physical Therapy Association and Texas Board of Physical Therapy Examiners Accredited Provider #2501007TX. and meets continuing competence requirements for PT and PTA renewal in Texas. The assignment of Texas PT CCU's does not imply endorsement of specific course content, products or clinical procedures by TPTA or TBPTE

Visit our website for a complete listing of PT States, we comply with. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification of a state.

OUTLINE:

SELF STUDY COURSE -VIDEO RECORDINGS AND MATERIALS

Chapter 1: Foundation and why behind of IASTM

Chapter 2: Research and effectiveness of IASTM

Chapter 3: Principles and benefits of IASTM

Chapter 4: Physiologic and neurophysiologic responses of IASTM

Chapter 5: Type of tools available

Chapter 6: Type of strokes, application and use

Chapter 7: Indications, precautions and contraindications with IASTM

Chapter 8: Fascia, fascial chain and the fascial slings

Chapter 9: Trigger points and adaptive shortening

Chapter 10: Clinical Patterns of Movement Dysfunctions and using IASTM

Chapter 11: IASTM techniques for the upper body including cervical, shoulder, thoracic and elbow regions

Chapter 12: IASTM techniques for the lower body including lumbar, hip, knee and ankle regions.

Course Completion: Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain and save your auto-emailed certificate for your files.