

Hello. Thank you so much for joining neuromuscular cutting therapy.

I am so glad to have you here. I'm Gretchen Popp,

and I am the one that's going to be teaching you all of these things for the next twelve weeks.

I want to go over some of the nitty gritty before we dive right in

because this course is very content heavy.

And I really wanna make sure that you are in the right mindset

to be able to go go in with bootstraps

on and ready to get going.

So before we get into all the fun stuff because I know you're ready to dive in.

Before we get into that, I really wanna go over the way that this course flows,

so that you can just be prepared. Module one is basic understanding of equipment

and cleaning protocols and all of that nitty gritty stuff that we need to know.

to lay a really good foundation for how to prepare ourselves for an amazing cupping session.

Module two, we start to get into to the actual theory behind how

this way of practicing cupping therapy works.

And we start to really get into the actual success of applying cups

and getting really familiar with the feel of the cups on an actual client

so that we can be more prepared for the actual applications.

module three, we go into scapular positioning

and we start to really work with the upper body

and the pain syndromes that start to really perpetuate down the arm and up the neck.

And that all usually begins with improper scapular position

So we look really really heavy at how all of that plays into all of those other syndromes.

module four, we start to get into the rotator cuff and how that plays into arm pain.

Module five, we start to work into the head,

neck, and jaw. And module six,

we start to finally look down the arm into the top of the shoulder,

elbow, and red. module seven,

week seven, we start to finally look at low back

pain and really the root of most lower body complaints.

Module eight, we start to look at the abdomen

and the hip flexors and that area of opposing the low back

and how that plays into low back problems.

Module nine we start to look at the adductors

and the huge role they play in all sorts of pain patterns perpetuating both down and up the legs.

module ten's a fun one and it's

what a lot of people start to look forward to is the sciatica module.

We will really, especially after having laid the ground work with the previous weeks,

sciatica will start to really start to click for you.

Module eleven, we finally get into knee pain

and how all of those situations really set up the knee for pain problems,

and then finally module twelve.

week twelve, we finally start to look at issues of the lower leg and foot.

All of this, for the entire twelve weeks of education,

you will have a very comprehensive idea of how to treat the full

body and pretty much most common pain patterns that your clients have.

I really hope you enjoy this course. Thank you
so much for joining I look forward to seeing you on the other side.
Go ahead and move on to the first module. I'll see you there.