

# Cupping Dynamix, LLC

<b>Course title:</b>	Level 2: Condition specific: low back and hips
<b>CE hours:</b>	7
<b>Course location:</b>	online/webinar
<b>Instructors:</b>	Amber Clark LMT, BCTMB OR Lic#10629 Kellie Chambers L.Ac., MAOM
<b>Phone:</b>	541-678-4212
<b>Website/E-mail:</b>	<a href="http://www.cuppingdynamix.org">www.cuppingdynamix.org</a> / <a href="mailto:cuppingdynamix@gmail.com">cuppingdynamix@gmail.com</a>

**Condition Specific:** Low back and Pelvis (day 2 - Pre-requisite is the Level 1 introduction class)

## **Course Description:**

This course will focus on common conditions associated with the low back and pelvis. The course consists of on-going interactive online lecture through Teachable, as well as a live webinar practical application, demonstration, and Q and A for 3 hours at a specific scheduled time.

## **Focus:**

- Evaluate and assess pain level and function
- Assessing chronic pain vs acute
- Demonstration of hands-on technique targeting specific movement patterns, suction level, and placement of the cups to the low back, hip, and legs.
- Dermotome and fascial layering techniques analyzed and movement sequencing demonstrated and applied.

## **Learning outcomes:**

The student will be able to:

- Identify pain patterns in the body associated with low back and hip conditions
- Identify contraindications and indications for cupping therapy
- Apply specific sequences and methods of cupping to the low back and hips
- Implement proper sanitation and safety procedures
- Perform therapeutic cupping to the low back and hips and evaluate the results

**Tools utilized:** Slides, videos, handouts, live webinar