Live seminar proposal for Hennepin Healthcare: Pre-conference Midwest Burn Conference 2023

Myofascial Decompression Cupping Therapy to Optimize Scar Management for Burn Injuries

Speaker: Theresa A. Schmidt, PT,DPT,MS,OCS,LMT,CEAS

Location: Live hands-on pre-conference seminar at Midwest Burn Conference in Minneapolis, MN

Date: October 9, 2023  Time: 8am-12 noon

Course Description

Scar-related mobility impairments and other co-morbidities have been shown to affect nearly all burn survivors, even two years post injury. There is a proven need for scar tissue management to ameliorate the multiple problems people experience related to persistent scars. (Goverman, 2019) What can you do as a clinician to maximize positive outcomes for this population? Discover the answer when you incorporate manual therapy into your plan of care. In this hands-on workshop, explore the use of negative pressure myofascial cupping tools to remodel scar tissue with quick and easy steps for both clinical and home programs applications. Experience how to apply these simple tools to improve skin and soft tissue mobility, ease pain and contracture, and improve functional mobility and quality of life for clients with adherent scar tissue. Learn tips and tricks to save your hands with easy to apply techniques and real case studies in this lab-intensive seminar.

Learning Outcomes

1. Discuss the use of negative pressure myofascial cupping therapy for remodeling mature scar tissue.
2. List indications, contraindications, precautions and infection control for myofascial cupping therapy
3. Demonstrate cupping methods including stationary cupping, gliding cupping, cupping with joint mobilization, combining cupping with gentle exercise and home program design utilizing cupping tools
4. Integrate cupping therapy as part of program design to ease pain, promote mobility and positive functional outcomes for people with mature scars post burn injuries.
5. Explain the benefits of manual therapy and cupping for scar management based on current research.

Schedule

8:00-9:00  Introduction, foundations of negative pressure cupping, tool safety, indications, contraindications
9:00-9:30  Soft tissue/scar mobility assessment, outcome measures demonstration and lab
9:30-9:40  Break
9:40-10:40  Stationary and gliding cupping applications to remodel scars, demo and practice
10:40-11:40 Cupping with mobilization and exercise lab demo and practice
11:40-12:10 Case studies with lab, research, discussion

Schedule is subject to change at the discretion of the instructor.
**Teaching techniques** include lecture, demonstration, discussion, lab practice, and question and answer periods. Students should bring lab clothes to wear for practice, such as halter tops and shorts. Bring massage oil, not lotion, a large towel, draping sheet, and hand sanitizer. It is strongly recommended students bring a massage table or mat to practice on since this course emphasizes hands-on lab. Materials fee: $25 per participant for tools: silicone cup set.

**Course relevance**: Practitioners typically use deep compression to release and remodel scar tissue, often resulting in hand strain and/or pain. This gentle work uses negative pressure cupping tools to address adherent scar tissue and cicatrix, to ease tissue irritation, pain and tension, improve mobility and circulation, while maximizing the efficiency of your hands to achieve outstanding results. This is hands-on intensive approach to integrating instrument assisted soft tissue mobilization for remodeling mature scars related to burn injuries.

**Learning environment**: Workshop emphasizes hands-on application and practice with instructor guidance to support learners’ achievement of the outcomes/objectives of the course, with real world cases, current research evidence, and active engagement for a positive learning experience. Attendees can apply what they learn immediately upon return to clinic, as all have the opportunity to practice the interventions and feel the difference for themselves. ©2023 All Rights Reserved. Theresa A. Schmidt.

**Credit Hours**: 4. Educise PC is an approved provider of continuing education for the NCBTMB, Inc.

**References**


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McCullough, M. (2020, May). Change in Muscle Stiffness using Shear Wave Elastography, Range of Motion, and Perceived Pain following a Cupping Therapy Treatment in Physically Active Adults. *Boise State University Theses and Dissertations*. DOI: 10.18122/td/1673/boisestate


