



# **Rock Tape Education: Rock Pods Course**

**26th June 2025**

**£120**

## **Introduction to Rock Pods**

Rock Pods are a popular tool used in therapeutic practices to improve mobility, reduce discomfort, and enhance performance. They are a part of the Rock Tape suite of tools and are commonly used by physical therapists, chiropractors, and fitness professionals. The Rock Pods course is designed to educate practitioners on the effective use of these silicone pods in clinical settings.

## **Course Objectives**

The Rock Pods course aims to:

- Educate participants on the fundamental principles of cupping therapy.
- Demonstrate the use of Rock Pods for various therapeutic applications.
- Enhance understanding of how Rock Pods can be integrated into treatment plans.
- Develop practical skills for immediate application in clinical environments.

# Curriculum Overview

## Understanding Cupping Therapy

- **History and Origins:** Learn about the ancient practices of cupping and how it has evolved over time.
- **Scientific Insights:** Explore the modern scientific explanations for the effects of cupping on the body.

## Rock Pods Techniques

- **Application Methods:** Hands-on guidance on the correct placement and movement of Rock Pods.
- **Different Approaches:** Static and dynamic cupping techniques tailored for specific conditions.
- **Safety and Precautions:** Best practices to ensure patient safety and comfort during treatment.

## Clinical Integration

- **Assessment and Planning:** How to assess patient needs and incorporate Rock Pods into therapy sessions.
- **Case Studies and Scenarios:** Real-world examples and problem-solving exercises to build confidence.

# Benefits of Rock Pods

- **Improved Mobility:** Helps in releasing tight muscles and improving range of motion.
- **Pain Relief:** Provides relief from acute and chronic discomfort.
- **Enhanced Recovery:** Speeds up the recovery process for athletes and active individuals.
- **Non-Invasive:** Offers a safe, non-invasive treatment alternative.

# Who Should Attend?

The Rock Pods course is ideal for:

- **Physical therapists**

- Chiropractors
- Athletic trainers
- Massage therapists
- Fitness professionals

Enrol via the rock tape education webpage:

[Rock Tape Education](#)

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