

## Advanced Tools Protocols Hypervolt, Cupping, K-Tape & Enhanced Muscle Therapy

There will never be a substitute for the magic of human touch, and the use of tools need not sacrifice the personal connection between a therapist and client. But hands, soft fists, forearms, elbows have some limitations, especially in regard to finger, wrist, and shoulder strength and joint stability.

Working with professional tools is a way to work smarter not harder and save your hands. Professional tools may provide greater precision, power, and/or vibration that isn't possible with human hands alone. Using tools does not guarantee the massage will be more effective--only you and your client will determine if they are a benefit. When you choose professional tools to help you with your work and self-care, you can better serve your clients and extend the life of your hands and your career and increase therapeutic outcomes.

### Tools:

- **Hypervolt**
- **Hot Towels**
- **Prossage**
- **BioFreeze**
- **Cupping Set**
- **K-Tape**

### General Benefits:

**Hypervolt** - Help relieve muscle pain, stiffness, and soreness, increase range of motion, circulation, and blood flow, reduce muscle recovery time.

**Hot Towels** - Promotes circulation, reduces muscle soreness, releases muscle tension, and opens pores.

**Prossage**-Warming ointment loosens up the muscles by relaxing thermoreceptors and increasing the flow of oxygen

**Biofreeze**- An analgesic that relieves pain through a menthol-induced cooling process, reduce inflammation and improve circulation

**Cupping**- Improve mobility, flexibility, performance, speed up recovery, alleviate common muscle, soreness, boost immunity, increase circulation, and alleviate fascial restrictions

**K-Tape**- relieve muscle pain, increase blood flow, reduce swelling, decrease inflammation

### **General Contraindications:**

**Hypervolt** -Pregnancy, diabetes with complications such as neuropathy or retinal damage, pacemakers, recent surgery or injury, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUD, metal pins or plates. Use caution with frail individuals, children and elderly

**Prossage** - Pregnancy, damaged skin, open wounds, sensitive skin or allergies

**Biofreeze** - Pregnancy, damaged skin, open wounds, sensitive skin or allergies

**Cupping** - Cancer, acute inflammation, fever. Severe cardiovascular related conditions: DVT, low blood pressure, hemophiliacs, kidney and liver dysfunction, sensitive skin, skin conditions: eczema, sunburn, rash etc., on blood thinners, diabetes 1 with complications such as neuropathy

**K-Tape** - Skin allergies, sensitive skin, open wounds, pregnancy, cancer, neuropathy, congestive heart failure

### **Recommendations & Customization of Advanced Tools Protocols**

Because APMT certification is focused on pain management, it is unlikely you will be able to address the client's area(s) of concern comprehensively PLUS perform a full body session PLUS utilize most or all the tools in only 50-80-minute sessions. Instead, we recommend you communicate realistic expectations as you create your session goal(s) with your client and limit the area(s) of focus to 1-3 main chief concerns, while incorporating at least 2 (two) and up to all the tools (in an 80-minute only session).

Once your client has scheduled a 50- or 80-minute session, it will be up to you both to customize agreed upon session goal(s). Of course, the more time you devote to utilizing the professional tools, the less time is available for actual APMT hands-on touch techniques. As you customize your session with your client, be sure to account for session length, number of area(s) to address, and be sure to prioritize insights based on you and your client's knowledge and experience with the pain they are presenting with.

Although it may be possible to include all the professional tools in a single 50-minute session, we do not recommend it because it would limit the time available for actual touch therapy interventions. Therefore, it is recommended that you only attempt to use most or all the tools in 80-minute (or longer sessions). And, in both 50-minute and 80-minute sessions, it is required to utilize at least 2 (two) of the main tools. Based on our experience, if we could only choose one tool to add to all our sessions, it would be the silicon cups.

We will review and demonstrate several different protocols that combine the professional tools with your APMT hands-on touch techniques. Though we specify and recommended timing, you may modify tools and timing based session goal(s)

## **Advanced Tools Protocols 1 (80-minute Session using All Tools)**

### **ATP 1: Hypervolt, Cupping, & K-Tape + Enhanced Muscle Therapy**

*Advanced Tools Protocol 1 recommended for sessions where more time is devoted to incorporating all tools including hot/cold contrast therapy with Prossage and Biofreeze, and/or where there are less areas to focus on.*

#### **Tools:**

- Hypervolt
- 3 Hot Towels
- 2 Dry Towels
- Prossage
- BioFreeze
- Cupping Set
- K-Tape

<b>Technique</b>	<b><u>Estimated Duration</u></b>
Intake: <b>Assess</b> the client and co-create a customized session with your client, giving particular attention to appropriate interventions, intensity, mechanical tools, duration and pressure to be applied to the area(s), and any local or systemic contraindications.	<b><u>2-3 minutes</u></b>
With the client clothed, utilize the <b>Hypervolt</b> over the pertinent area(s). Optimally, the client is positioned in the appropriate supine, prone, seated, and/or side lying position that encourages 360-degree access to treat the muscle group from most any angle.	<b><u>2 minutes</u></b>
<b>Therapist exits</b> the room and allows for the client to disrobe and get under the drapes on the table.	<b><u>2-3 minutes</u></b>
Therapist returns to the room and applies <b>APMT Touch Therapy Techniques</b> such as advanced deep tissue strokes, ROM, Pin/Glide and stretch, and CFM.	<b><u>15-25 minutes</u></b> <b>(1-2 areas of focus)</b>
Therapist begins the <b>Enhanced Muscle Therapy (EMT)</b> – Using a <b>hot towel (#1)</b> , work the towel into the muscle by massaging the treatment area. The purpose is to moisten the skin and heat up the muscle area. Keep the skin as hot/warm as possible. Note: towel should be removed prior to becoming cold; skin should still be WARM.	<b><u>1 minute</u></b>

Using <b>Prossage</b> and apply APMT touch therapies as you massage the pertinent muscles with the goal of increasing circulation with friction strokes	<u>2 minutes</u>
Using a <b>hot towel (#2)</b> , work the towel into the muscle by massaging the treatment area. Then rest the towel over the area and allow the area to cool (can work adjacent or other areas if time permits).	<u>3 minutes</u>
Apply <b>BioFreeze</b> – cooling agent; Allow BioFreeze to remain on the skin to allow for cooling effect, BUT *do not let it dry on the treatment area.	<u>&lt; 1 minute*</u>
<b>Cupping Massage</b> - Using single or double cup(s) to slide with longitudinal, cross fiber, or circular friction, and/or leave stationary cup(s) in place for up to 15 minutes while working another area of the body	<u>5+ minutes</u>
<b>AMPT Touch Therapy Techniques and Final Check in</b> “We have 3 minutes left in today’s session. Do you want me to continue to work in this area or would you like me to work in any other area with our remaining time?”	<u>15-25 minutes</u> (1-2 areas of focus)
Apply <b>hot towel (#3)</b> to remove BioFreeze and clean the treated area. Be sure to clean the area thoroughly.	<u>2 minutes</u>
Dry treatment area using a <b>dry towel (#1)</b> ; massage therapist can use the remaining <b>dry towel (#2)</b> to dry your hands or as needed. May need additional rubbing alcohol or similar for sterilization prior to taping.	<u>1 minute</u>
Therapist completes the massage and <b>exits the room</b> while the client gets dressed (let them know you’ll be waiting outside for them to let you back in to return for K-Tape and Recommendations). Therapist then returns to room and completes session	<u>2-3 minutes</u>
<b>K-Tape</b> relevant movement. Ask or assist the client's position to mimic the movement/motion that elicits pain or discomfort.	<u>5 minutes</u>

**Reassess Client & Make Recommendations** - We recommend you continually reassess throughout the session to verify efficacy of techniques being practiced. You may also make recommendations throughout the session as an opportunity to educate clients, though be sure not to overwhelm with more than 2-3 recommendations. And at the end of the session, ask the client to generate gentle ROM, move around a bit and/or notice what has changed as you discuss review feedback with client.

**2 minutes**

### **Advanced Tools Protocol 1 (ATP1) Timing**

Advanced Tools Protocol 1 recommended for sessions where more time is dedicated to tools plus hot/cold contrast therapy with Prossage and Biofreeze.

#### **ATP1 – 80-minute session: Focusing on 1 body part**

30 minutes (All tools)  
+50 minutes for touch therapy techniques  
= 80 minutes total

#### **ATP1 – 80-minute session: Focusing on 2 body parts**

50 minutes (All tools: 10 minutes less due to redundancy\*)  
+30 minutes for touch therapy techniques  
= 80 minutes total

\*There are approximately 10 minutes less for the second area due to unnecessary redundancy steps of the Intake, 2 Therapist exits, and Recommendations timing

#### **ATP1 – 80-minute session: Get Creative**

[adjust timing as you choose tools and techniques most pertinent to client's goals]  
30-50 minutes some combination of tools  
+30-50 minutes devoted to touch therapy techniques  
= 80 minutes total

**Advanced Tools Protocol 2 (80-minute Session)**  
**ATP 2: Hypervolt, Cupping, & K-Tape [All tools except EMT]**

*Advanced Tools Protocol 2 recommended for sessions where more time is dedicated to most tools plus and touch therapy techniques*

**Tools:**

- Hypervolt
- 1 Hot Towel
- 2 Dry Towels
- Cupping Set
- K-Tape

<b>Technique</b>	<b><u>Estimated Duration</u></b>
Intake: <b>Assess</b> the client and co-create a customized session with your client, giving particular attention to appropriate interventions, intensity, mechanical tools, duration and pressure to be applied to the area(s), and any local or systemic contraindications.	<b><u>2-3 minutes</u></b>
With the client clothed, utilize the <b>Hypervolt</b> over the pertinent area(s). Optimally, the client is positioned in the appropriate supine, prone, seated, and/or side lying position that encourages 360-degree access to treat the muscle group from most any angle.	<b><u>2 minutes</u></b>
<b>Therapist exits</b> the room and allows for the client to disrobe and get under the drapes on the table.	<b><u>2-3 minutes</u></b>
<b>Cupping Massage</b> - Using single or double cup(s) to slide with longitudinal, cross fiber, or circular friction, and/or leave stationary cup(s) in place for up to 15 minutes while working another area of the body	<b><u>5+ minutes</u></b>
<b>AMPT Touch Therapy Techniques and Final Check in</b> “We have 3 minutes left in today’s session. Do you want me to continue to work in this area or would you like me to work in any other area with our remaining time?”	<b><u>42-56 minutes</u></b> <b>(1-2 areas of focus)</b>
Apply <b>hot towel (#1)</b> to remove the massage medium and clean the treated area. Be sure to clean the area thoroughly.	<b><u>2 minutes</u></b>

Dry treatment area using a <b>dry towel (#1)</b> ; massage therapist can use the remaining <b>dry towel (#2)</b> to dry your hands or as needed. May need additional rubbing alcohol or similar to sterilize prior to taping.	<u><b>1 minute</b></u>
Therapist completes the massage and <b>exits the room</b> while the client gets dressed. Therapist then returns to room and completes session	<u><b>2-3 minutes</b></u>
<b>K-Tape</b> relevant movement. Ask or assist the client's position to mimic the movement/motion that elicits pain or discomfort.	<u><b>5 minutes</b></u>
<b>Reassess Client &amp; Make Recommendations</b> - We recommend you continually reassess throughout the session to verify efficacy of techniques being practiced. You may also make recommendations throughout the session as an opportunity to educate clients, though be sure not to overwhelm with more than 2-3 recommendations. And at the end of the session, ask the client to generate gentle ROM, move around a bit and/or notice what has changed as you discuss review feedback with client.	<u><b>2 minutes</b></u>

### **Advanced Tools Protocol 2 Timing**

Advanced Tools Protocol 2 recommended for sessions where more time is devoted to most professional tools PLUS touch therapy techniques

#### **ATP2 – 80-minute session: Focusing on 1 body part**

24 minutes (All tools except EMT)  
+56 minutes for touch therapy techniques  
= 80 minutes total

#### **ATP2 – 80-minute session: Focusing on 2 body parts**

38 minutes (All tools except EMT: 10 minutes less due to redundancy\*)  
+42 minutes for touch therapy techniques  
= 80 minutes total

\*Approximately 10 minutes less for the second area due to unnecessary redundancy

#### **ATP2 – 80-minute session: Get Creative**

[adjust timing as you choose tools and techniques most pertinent to session goals]  
24-38ish minutes some combination of tools  
+42-56ish minutes devoted to touch therapy techniques  
= 80 minutes total

## Advanced Tools Protocol 3 (50-80-minute Session with 2 Tools)

### ATP3: Hypervolt & Cupping

*Advanced Tools Protocol 3 recommended for sessions where more time is dedicated to touch therapy techniques, plus Hypervolt & Cupping.*

#### Tools:

- Hypervolt
- Cupping Set

<b>Technique</b>	<b><u>Estimated Duration</u></b>
Intake: <b>Assess</b> the client and co-create a customized session with your client, giving particular attention to appropriate interventions, intensity, mechanical tools, duration and pressure to be applied to the area(s), and any local or systemic contraindications.	<b><u>2-3 minutes</u></b>
With the client clothed, utilize the <b>Hypervolt</b> over the pertinent area(s). Optimally, the client is positioned in the appropriate supine, prone, seated, and/or side lying position that encourages 360-degree access to treat the muscle group from most any angle.	<b><u>2 minutes</u></b>
<b>Therapist exits</b> the room and allows for the client to disrobe and get under the drapes on the table.	<b><u>2-3 minutes</u></b>
<b>Cupping Massage</b> - Using single or double cup(s) to slide with longitudinal, cross fiber, or circular friction, and/or leave stationary cup(s) in place for up to 15 minutes while working another area of the body	<b><u>5+ minutes</u></b>
<b>AMPT Touch Therapy Techniques and Final Check in</b> “We have 3 minutes left in today’s session. Do you want me to continue to work in this area or would you like me to work in any other area with our remaining time?”	<b><u>42-56 minutes</u></b> <b>(1-2 areas of focus)</b>
Therapist completes the massage and <b>exits the room</b> while the client gets dressed. Therapist then returns to room and completes session	<b><u>2-3 minutes</u></b>



<p><b>Reassess Client &amp; Make Recommendations</b> - We recommend you continually reassess throughout the session to verify efficacy of techniques being practiced. You may also make recommendations throughout the session as an opportunity to educate clients, though be sure not to overwhelm with more than 3 recommendations. And at the end of the session, ask the client to generate gentle ROM, move around a bit and/or notice what has changed as you discuss review feedback with client.</p>	<p><u><b>2 minutes</b></u></p>
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**Advanced Tools Protocol 3 Timing**

Advanced Tools Protocol 3 recommended for sessions where more time is devoted to touch therapy techniques, PLUS Hypervolt & Cupping

**ATP3 – 50-minute session: Focusing on 1 body part**

17 minutes (Hypervolt & Cupping)  
+33 minutes for touch therapy techniques  
= 50 minutes total

**ATP3 – 80-minute session: Focusing on 2 body parts**

24 minutes (Hypervolt & Cupping: 10 minutes less due to redundancy\*)  
+56 minutes for touch therapy techniques  
= 80 minutes total

\*Approximately 10 minutes less for the second area due to unnecessary redundancy

**ATP3 – 50- OR 80-minute session: Get Creative**

[adjust timing as you choose tools and techniques most pertinent to session goals]  
25-40ish minutes some combination of tools  
+25-40ish minutes devoted to touch therapy techniques  
= 50- OR 80 minutes total

## **Advanced Tools Protocol 4 (50-80-minute Session with 2 Tools)**

### **ATP 4: EMT & Cupping**

*Advanced Tools Protocol 4 recommended for sessions where more time is dedicated to touch therapy techniques, plus EMT & Cupping.*

#### **Tools:**

- 3 Hot Towels
- 2 Dry Towels
- Prossage
- BioFreeze
- Cupping Set

<b>Technique</b>	<b><u>Estimated Duration</u></b>
Intake: <b>Assess</b> the client and co-create a customized session with your client, giving particular attention to appropriate interventions, intensity, mechanical tools, duration and pressure to be applied to the area(s), and any local or systemic contraindications.	<b><u>2-3 minutes</u></b>
<b>Therapist exits</b> the room and allows for the client to disrobe and get under the drapes on the table.	<b><u>2-3 minutes</u></b>
Therapist returns to the room and applies <b>APMT Touch Therapy Techniques</b> such as advanced deep tissue strokes, ROM, Pin/Glide and stretch, and CFM.	<b><u>15-25 minutes</u></b> <b>(1-2 areas of focus)</b>
<b>Enhanced Muscle Therapy (EMT)</b> – Using a <b>hot towel (#1)</b> , work the towel into the muscle by massaging the treatment area. The purpose is to moisten the skin and heat up the muscle area. Keep the skin as hot/warm as possible. Note: towel should be removed prior to becoming cold; skin should still be WARM.	<b><u>1 minute</u></b>
Using <b>Prossage</b> and apply APMT touch therapies as you massage the pertinent muscles with the goal of increasing circulation with friction strokes	<b><u>2 minutes</u></b>
Using a <b>hot towel (#2)</b> , work the towel into the muscle by massaging the treatment area. Then rest the towel over the area and allow the area to cool (can work adjacent or other areas if time permits).	<b><u>3 minutes</u></b>
Apply <b>BioFreeze</b> – cooling agent; Allow BioFreeze to remain on the skin to allow for cooling effect, BUT *do not let it dry on the treatment area.	<b><u>&lt; 1 minute*</u></b>

<b>Cupping Massage</b> - Using single or double cup(s) to slide with longitudinal, cross fiber, or circular friction, and/or leave stationary cup(s) in place for up to 15 minutes while working another area of the body	<u>5+ minutes</u>
AMPT <b>Touch Therapy Techniques #2 and Final Check in</b> “We have 3 minutes left in today’s session. Do you want me to continue to work in this area or would you like me to work in any other area with our remaining time?”	<u>15-25 minutes</u> (1-2 areas of focus)
Therapist completes the massage and <b>exits the room</b> while the client gets dressed. Therapist then returns to room and completes session	<u>2-3 minutes</u>
<b>Reassess Client &amp; Make Recommendations</b> - We recommend you continually reassess throughout the session to verify efficacy of techniques. Making recommendations throughout the session is an opportunity to educate clients, though be sure not to overwhelm with more than 2-3 recommendations. And at the end of the session, ask the client to generate gentle ROM, move around a bit and/or notice what has changed as you discuss review feedback with client.	<u>2 minutes</u>

### **Advanced Tools Protocol 4 Timing**

Advanced Tools Protocol 4 recommended for sessions where more time is devoted to touch therapy techniques PLUS EMT & Cupping

#### **ATP4 – 50-minute session: Focusing on 1 body part**

19 minutes (EMT & Cupping)  
+31 minutes for touch therapy techniques  
= 50 minutes total

#### **ATP4 – 80-minute session: Focusing on 2 body parts**

28 minutes (EMT & Cupping: 10 minutes less due to redundancy\*)  
+52 minutes for touch therapy techniques  
= 80 minutes total

\*Approximately 10 minutes less for the second area due to unnecessary redundancy

#### **ATP4 – 50- OR 80-minute session: Get Creative**

[adjust timing as you choose tools and techniques most pertinent to session goals]  
25-40ish minutes some combination of tools  
+25-40ish minutes devoted to touch therapy techniques  
= 50- OR 80 minutes total

## Advanced Tools Protocol 5 (50-80-minute Session with 2 Tools)

### ATP 5: Cupping & K-tape

*Advanced Tools Protocol 5 recommended for sessions where more time is devoted to touch therapy techniques PLUS Cupping & K-Tape*

#### Tools:

- 1 Hot Towel
- 2 Dry Towels
- Cupping Set
- K-Tape

Technique	<u>Estimated Duration</u>
Intake: <b>Assess</b> the client and co-create a customized session with your client, giving particular attention to appropriate interventions, intensity, mechanical tools, duration and pressure to be applied to the area(s), and any local or systemic contraindications.	<u>2-3 minutes</u>
<b>Therapist exits</b> the room and allows for the client to disrobe and get under the drapes on the table.	<u>2-3 minutes</u>
<b>Cupping Massage</b> - Therapist returns to room and applies single or double cup(s) to slide with longitudinal, cross fiber, or circular friction, and/or leave stationary cup(s) in place for up to 15 minutes while working another area of the body	<u>5+ minutes</u>
AMPT <b>Touch Therapy Techniques and Final Check in</b> “We have 3 minutes left in today’s session. Do you want me to continue to work in this area or would you like me to work in any other area with our remaining time?”	<u>28-46 minutes</u> <u>(1-2 areas of focus)</u>
Apply <b>hot towel (#1)</b> to remove the massage medium and clean the treated area. Be sure to clean the area thoroughly.	<u>2 minutes</u>
Dry treatment area using a <b>dry towel (#1)</b> ; massage therapist can use the remaining <b>dry towel (#2)</b> to dry your hands or as needed. May need additional rubbing alcohol or similar to sterilize prior to taping.	<u>1 minute</u>
Therapist completes the massage and <b>exits the room</b> while the client gets dressed. Therapist then returns to room and completes session	<u>2-3 minutes</u>

<p><b>K-Tape</b> relevant movement. Ask or assist the client's position to mimic the movement/motion that elicits pain or discomfort.</p>	<p><b><u>5 minutes</u></b></p>
<p><b>Reassess Client &amp; Make Recommendations</b> - We recommend you continually reassess throughout the session to verify efficacy of techniques being practiced. You may also make recommendations throughout the session as an opportunity to educate clients, though be sure not to overwhelm with more than 2-3 recommendations. And at the end of the session, ask the client to generate gentle ROM, move around a bit and/or notice what has changed as you discuss review feedback with client.</p>	<p><b><u>2 minutes</u></b></p>

### **Advanced Tools Protocol 5 Timing**

Advanced Tools Protocol 5 recommended for sessions where more time is devoted to touch therapy techniques PLUS Cupping & K-Tape.

#### **ATP5 – 50-minute session: Focusing on 1 body part**

22 minutes (Cupping & K-Tape)  
+28 minutes for touch therapy techniques  
= 50 minutes total

#### **ATP5 – 80-minute session: Focusing on 2 body parts**

34 minutes (Cupping & K-Tape: 10 minutes less due to redundancy\*)  
+46 minutes for touch therapy techniques  
= 80 minutes total

\*Approximately 10 minutes less for the second area due to unnecessary redundancy

#### **ATP5 – 50- OR 80-minute session: Get Creative**

[adjust timing as you choose tools and techniques most pertinent to session goals]

25-40ish minutes some combination of tools  
+25-40ish minutes devoted to touch therapy techniques  
= 50- OR 80 minutes total