

Myofascial Decompression Techniques **Level 1**



ABOUT THE COURSE

The utilization of Instrument Assisted Soft Tissue Mobilization (IASTM) tools in manual therapy has become increasingly popular over the last 10 years, especially in the sports medicine and fitness settings. There has traditionally been a **gap in the literature** for the appropriate dosage, timing, and frequency for the proper application of IASTM for musculoskeletal lesions in sports and orthopedics. This course will bridge that gap with **the science of CupTherapy** applications **paired with movement** retraining & neuromuscular re-education.

The majority of manual therapy we utilize is very compressive in nature: STM, MFR, joint mobilizations. Myofascial Decompression (MFD) is one of the few techniques that works in the **decompression of the connective tissue** and musculoskeletal systems. The needs assessment presented for the MFD course will integrate negative pressure tools with Western evidence based physiologic principles and evidence-based medical foundations.

This course will review the **structural functions** of connective tissue, the most up to date fascial science and pathologies, expose the listener to the best IASTM tools that are now out in the market, and propose general treatment strategies for common orthopedic and sports impairments.

In this one day course you will learn to increase the **efficiency of motion** with negative pressure tools **through fascial mobility and neuromuscular re-education**. The IASTM techniques in this course will take the difficulty out of integrating a strong manual + exercise based approach to musculoskeletal disorders.

Participants will be able to evaluate their ability to intervene appropriately using IASTM tools by describing safety, **competency, precautions, contraindications, and appropriate timing**, and demonstrating effective interventions with efficient approach and mechanics.

Prior knowledge of basic manual therapy concepts and movement science is recommended.

Presentation Objectives



PARTICIPANTS WILL BE ABLE TO:

- **Review the layers, subunits, and functional role of the connective tissue system in MSK disorders.**
- **Summarize the up to date science on stretching, posture, and length-tension curves.**
- **Define the functions of fibroblasts, faciocytes, ground substance, and as they relate to tissue texture abnormalities and movement.**
- **Distinguish differences in manual therapy approaches utilizing various IASTM tools and the difference in movement-driven STM.**
- **Describe common IASTM interventions that improve mobility of the MSK system, as it relates to neuromuscular re-education and movement.**
- **Summarize all precautions and contraindications**

COURSE GOALS

The goal of this course is to provide clinicians with new hands-on manual therapy tools and approaches to treat the myofascial system and integrate their understanding of movement and neuromuscular re-education with manual therapy. Techniques to include appropriate application of soft tissue mobilization with cuptherapy, guasha, and other IASTM approaches, with precautions and contraindications

MFD Level 1 Course Outline



**An online didactic portion will be required before attending the course that reviews anatomy, histology, & physiology of connective tissue elements as well as Eastern vs Western perspectives & uses of negative pressure. The time requirement for the self-paced session is approximately 2 hours.*

10:30am-11:00am Literature review, imaging of the soft tissue structures, trigger point theory, fascial lines, and postural syndromes. Lab Session: IASTM.

11:00am-12:00pm Initial steps in operation & application. MFD approach and techniques, precautions & contraindications. Lab Session: Junctional Zones, ITB.

12:00pm-12:45pm Breakouts: Upper trapezius and levator scapula.

12:45pm-1:30pm Lunch

1:45pm-2:15pm Treating T/L fascia, shoulder impairments.

2:15pm-3:30pm Treating PFPS, hamstrings.

3:30pm-4:45pm Treating lower leg dysfunction, ankle/foot. Tendinopathy. Clinical case studies, future research/evidence.

4:45pm-5:00pm Summary, evaluations.

**Course is 60% lab, and 40% didactic.
Student to Faculty PT <16:1**

Subjects Covered

- Connective tissue system structure and function; movement impairments
- Healing response in normal and abnormal tissues
- Imaging research on connective tissues and MSK disorders
- Instrument Assisted Soft Tissue Mobilization techniques and applications, with precautions and contraindications
- Neuromuscular re-education principles in combination with IASTM

It is our goal as clinicians to restore function to our patients as quickly as possible. The techniques in this course will decrease the difficulty of integrating a strong manual based approach to musculoskeletal disorders with movement pattern re-education. MFD is one of the few techniques that increases the space for mobility compared with most other manual therapy compressive interventions.

Difficulty Level

- Essential – Includes core theory, concepts and applications, all the way to:
- Advanced – Includes in-depth theory, concepts and applications of information and/or techniques that are presented beyond the Essential Level.

Tuition: \$375 for the One-Day, 8 Hour Course

Course Details



Instructor:

Christopher DaPrato DPT, SCS, CSCS, PES, MFDC

Lead Instructor, Innovator

Dr. DaPrato currently treats professional and NCAA athletes at UC San Francisco and UC Berkeley, while teaching in the Orthopedic Residency for their School of Medicine. He is a strong proponent and educator for manual therapy in sports and has presented evidence informed practices at conferences both nationally and internationally. After receiving his BS in Human Physiology, his Masters in Physical Therapy from Long Beach, and his Doctorate from Temple University, he went on to become Board Certified in Sports through the APTA. His approach to patient care has become a blend of advanced level strength and conditioning with manual techniques, and received his CSCS through the NSCA, a certified as a Performance Enhancement Specialist from the National Academy of Sports Medicine.

Continuing Education Units:

Bay Area Sport Performance and Rehabilitation is approved by the Board of Certification, for Athletic Trainers, PTs through a variety of states, LMTs through the NCBTMB, and some chiropractic boards. All other health professionals will be provided with the outline, schedule and course goals for CEU submission.

Cancellation Policy:

- **If the registrant cancels 30 or more calendar days prior to the beginning of the course, registrant may apply the full course fee to another class, with no extra fees applied, or a refund minus 20% of registration fee for bank charges and administrative fees.**
- **If less than 30 days to a registered course, the participant will not be eligible for a refund, but can transfer their funds one time to another scheduled course for no additional fees. If registrant needs to cancel a second time, a 20% (of course registration) administrative fee will be charged for every course cancellation and reregistration moving forward**
- **If registrant does not use transferred funds within one year, they will not be refunded and will not be able to transfer their funds to another scheduled course.**
- **Bay Area Sport Performance & Rehabilitation is not financially responsible for any airfare, hotel, or any other personal travel expenses.**

Basic Current References

Kim S, Lee SH, Kim MR, Kim EJ, Hwang DS, Lee J, Shin JS, Ha IH, Lee YJ. Is cupping therapy effective in patients with neck pain? A systematic review and meta-analysis. *BMJ Open*. 2018 Nov 5;8(11)

Markovic, G. Acute effects of instrument assisted soft tissue mobilization vs. foam rolling on knee and hip range of motion in soccer players. *Journal of Bodywork & Movement Therapies*. Vol 19, 690-696. 2015

Mohammadi S, Roostayi MM, Naimi SS, Baghban AA. The effects of cupping therapy as a new approach in the physiotherapeutic management of carpal tunnel syndrome. *Physiother Res Int*. 2019 Jul;24(3)

Rozenfeld E, Kalichman L. New is the well-forgotten old: The use of dry cupping in musculoskeletal medicine. *J Bodyw Mov Ther*. 2016 Jan;20(1):173-8.

Saha FJ, Schumann S, Cramer H, Hohmann C, Choi KE, Rolke R, Langhorst J, Rampp T, Dobos G, Lauche R. The Effects of Cupping Massage in Patients with Chronic Neck Pain - A Randomised Controlled Trial. *Complement Med Res*. 2017;24(1):26-32

Teut M, Ullmann A, Ortiz M, Rotter G, Binting S, Cree M, Lotz F, Roll S, Brinkhaus B. Pulsatile dry cupping in chronic low back pain - a randomized three-armed controlled clinical trial. *BMC Complement Altern Med*. 2018 Apr 2;18(1):115

Trofa DP, Obana KK, Herndon CL, Noticewala MS, Parisien RL, Popkin CA, Ahmad CS. The Evidence for Common Nonsurgical Modalities in Sports Medicine, Part 2: Cupping and Blood Flow Restriction. *J Am Acad Orthop Surg Glob Res Rev*. 2020 Jan;4(1):e1900105

Wang X, Zhang X, Elliott J, Liao F, Tao J, Jan YK. Effect of Pressures and Durations of Cupping Therapy on Skin Blood Flow Responses. *Front Bioeng Biotechnol*. 2020 Dec 8;8:608509. PMID: 33425873

Warren AJ, LaCross Z, Volberding JL, O'Brien MS. ACUTE OUTCOMES OF MYOFASCIAL DECOMPRESSION (CUPPING THERAPY) COMPARED TO SELF-MYOFASCIAL RELEASE ON HAMSTRING PATHOLOGY AFTER A SINGLE TREATMENT. *Int J Sports Phys Ther*. 2020 Aug;15(4):579-592. PMID: 33354391;