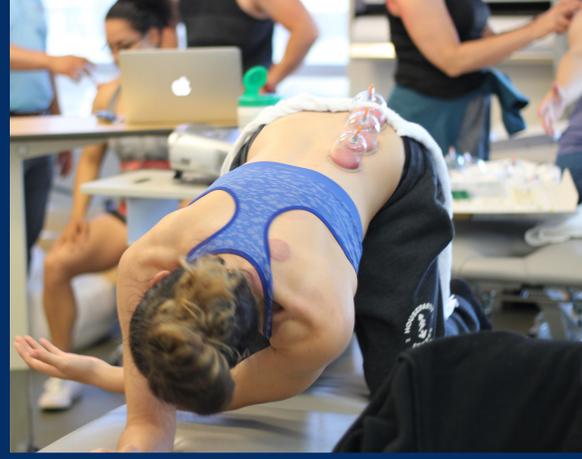


# Myofascial Decompression Techniques **Level 2**



## 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 the physical therapy and athletic training arenas.



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 elements in various layers of tissues and pathologies, expose the clinician to the large variety of 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 “sore thumb” out of integrating a strong manual 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.

# Level 2 Course Objectives



## **PARTICIPANTS WILL BE ABLE TO:**

- Understand how to operate the precision MFD pump at specific mmHg to target specific tissue layers.
- Understand how to utilize MFD to assist with lymphatic flow and dysfunction.
- Understand the basic principles of muscle inhibition and how to utilize MFD for inhibitory influence to promote improvements in coordination and movement efficiency.
- Understand the basic principles of kinesthetic awareness and proprioception and then integrating MFD with kinesthetic awareness cueing to improve movement efficiency.
- Be able to combine MFD techniques (extensibility, inhibition, and kinesthetic awareness) with neuromuscular re-education principles to build a program for specific sport populations.
- Demonstrate application of MFD to treat specific sport populations including cyclists, runners, swimmers, golfers, contact sport athletes & throwing athletes.
- Administer specific intermediate neuromuscular re-education principles after MFD to restore optimal function, as demonstrated in the lab portion of class.

## **COURSE GOALS**

The goal of this course is to provide clinicians with a new perspective on various negative pressures and tissue layer effects, including macro and microstructures. Hands-on manual therapy techniques and approaches for the musculoskeletal, neurologic, and lymphatic system will provide the learner a systematic approach to physiologic integration of subsystems in the human body and integrate their understanding of movement science and neuromuscular re-education with manual therapy. Techniques to include appropriate application of soft tissue mobilization with proper identification of active vs latent trigger points and specific fascial plane restrictions. Inhibition techniques will be paired with efficient activation patterns, with an review of facilitation interventions and movement awareness.

# MFD Level 2 Course Outline



**8:00-9:30** Research updates and applications. Improving MFD technique and integrated approach. Review fasciocyte vs fibroblast function and response to specific treatments. MFD system overview and multi-planar approach. Mini-Lab: MFD Precision Pump

**9:30-10:30** Low Pressure: Superficial techniques and applications. Lymphatics and fluid dynamics. Lab session.

**10:30-10:45** Break

**10:45-12:00** High Pressure: Techniques for inhibition. Common rehab exercises with negative pressure. Techniques for improving joint mobilization. Trigger points review. Lab session.

**12:00-1:00** Lunch

**1:00-2:00** Moderate Pressure: Kinesthetic sense and proprioceptive awareness. IASTM techniques and timing with rehab and physical demands. Lab session.

**2:00-3:30** Sport-specific approaches: swimmers, runners, golfers, & cyclists. Contact sport athletes. Throwing athletes. Lab session.

**3:30-3:45** Break

**3:45-4:45** Bringing it all together. Linking CNS mechanisms to MSK presentations. Exam review. Case and group review.

**4:45-5:00** Summary and conclusions.

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**Course is 60% lab, and 40% didactic.**

**Student to Faculty PT <16:1**

# Improve Outcomes With:

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- Inefficient movement patterns
- Scar mobilization
- Sports injuries
- Muscle hypertonicity
- Post-surgical adhesions
- Contractures
- Overuse injuries
- Postural syndromes
- Rib dysfunctions
- Decreased flexibility
- Chronic orthopedic issues



## Difficulty Level

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

# Current References

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