

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, particularly 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. This course will bridge that gap with **the science of Cup Therapy** applications **paired with movement** retraining & neuromuscular re-education.

Course participants will review the **structural functions** of connective tissue elements in various layers of tissues and pathologies, discuss current fascial science, be exposed to the large variety of IASTM tools on the market, and propose general treatment strategies for common orthopedic and sports impairments. This one day course provides an opportunity to learn how to increase **efficiency of motion** with negative pressure tools **through fascial mobility and neuromuscular re-education**.

The IASTM techniques in this course will provide a foundation for Integrating a strong manual-based approach to musculoskeletal disorders.

The majority of manual therapy 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 modern evidence-based physiologic principles and medical foundations.

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:

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

COURSE GOALS

The goal of this course is to provide clinicians with hands-on manual therapy tools and approaches to treat the myofascial system. Additionally, students will learn to integrate their understanding of movement and neuromuscular re-education with manual therapy. Techniques will include appropriate application of soft tissue mobilization with proper identification of active versus latent trigger points and fascial plane restrictions.

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 Breakout Sessions: Upper Trapezius and Levator Scapula

12:45pm-1:30pm Lunch

1:45pm-2:15pm Treating TFL 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
- Advanced – Includes in-depth theory, concepts and applications of information and/or techniques that are beyond the Essential Level.

Tuition: \$395 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)

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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

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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;