MYOFASCIAL DECOMPRESSSION

Level 1 and advanced Level 2

Level 1 October 16th, 2016
San Francisco

Level 2 Sept 18th, 2016
San Francisco

Level 1 August 14th, 2016
Sold out
San Francisco

MFD™ Level 1
Movement Patterns
Mobilitation and Soft Tissue
Negative Pressure

Level 1 and advanced Level 2

Improve outcomes with:
- Inefficient movement patterns
- Scar mobilization
- Sports injuries
- Muscle hypertonicity
- Post-surgical adhesions
- Contractures
- Overuse injuries
- Rib dysfunctions
- Decreased flexibility
- Postural syndromes
- Increased pain
- Musculoskeletal issues
- Chronic orthopedic issues

This course will dramatically change the way you approach manual therapy, myofascial elements, and their efficiency in motion.

"The manual approach in this course will get your patients returning more quickly to their sport!"

Former Cal Head Team Physician
-Cindy Chang MD

3806 Putah Creek Road, Winters, CA, 95694

San Francisco

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In this one day course you will learn to increase the efficiency of motion with negative pressure tools through fascial flexibility and neuromuscular re-education.

**Course Instructors**

Christopher DaPrato, DPT, SC, CSCS, PES

DaPrato is on faculty with UCSF at the School of Medicine, Mission Bay Campus, treating all spectrums of sports and orthopedics. Prior to his current position as a CSCS through the NSCA, and a Performance Enhancement Specialist for manual therapy in sports orthopedics, and has specialized in HVLATs, Muscle Energy, and functional manual therapy. Brian Schulman, ATC, MA is currently an ATC with the Oakland A’s MLB team and has been guest lecturing on UE injuries of the overhead athlete for several years now. He will be presenting information on training room application of recovery performance, and rehab utilizing MFD techniques with the elite athlete population.

**About the Course**

- Describe the properties skin/fascia and its interface with the musculoskeletal and neurologic systems.
- Describe histological subunits of myofascial layers, trigger points, common referred pain patterns, fascial lines, and Janda’s postural syndromes.
- Describe precautions and contraindications when using negative pressure tools; documentation and billing.

**Objectives**

- Utilize manual applications of MFD to treat orthopedic issues, sports injuries, and P/O adhesion; expedite recovery, improve outcomes.
- Implement basic neuromuscular re-education principles after MFD to restore optimal function.

**Course Outline:**

8:00-9:00 Intro. Anatomy, histology, & physiology review.
9:00-10:00 A&F, fascia, j&f, EOM, Tenography, trigger point theory, fascial lines, and Janda’s postural syndromes. Elite athlete care, recovery, and performance.
10:45-11:30 Getting started, operation/application. MFD approach with Western evidence based physiologic principles.
11:30-12:30 Breakouts: Junctional Zones, ITB, traps and levator scap,
12:30-1:00 Lunch
1:00-1:45 Treating T/L fascia, P/O shoulder, shoulder impairments
1:45-3:00 Treating PFPS, P/O ACL, flexion contractures, Hamstring strain vs tears. Lordosis/Kyph/Scolio. Break
3:10-3:45 Treating lower leg dysfunction, ankle/foot. Tendonosis.
3:45-4:30 Clinical case studies; appropriate athlete care, future research/evidence. Summary, evaluations

**Dates and Locations:**

- **SF level 1 August 14th, 2016 Sunday 8:00 am-4:30 pm**
  @UCSF Faculty Practice, Mission Bay, 1500 Owens St., SF, 94158
- **SF level 2 Sept. 18th, 2016 Sunday 8:00 am-4:30 pm**
  @UCSF Faculty Practice, Mission Bay, 1500 Owens St., SF, 94158
- **SF level 1 October 16th, 2016 Sunday 8:00 am-4:30 pm**
  @UCSF Faculty Practice, Mission Bay, 1500 Owens St., SF, 94158

**Discipline: PT AT PTA OT MD/DO**

**Registration Form**

- **Name (s):**
- **Tuition**
- **Email**
- **Phone**

Course cost includes personal Deluxe 24 piece pneumatic negative pressure decompression set with tuition.

**Tuition Due:**

- **Price per course:** $250
- 8 CEU approved contact hours

**Discount price**

- Group discount ≥ 3 = $220 each
- Student discount price = $150

**Total:**

Method of Payment

- Check: Payable to BAS Performance & Rehabilitation
- Credit Card: Must be processed online via website: www.MyofascialDecompression.com

CEUs APPROVED for the California Physical Therapy Board, & the Board of Certification for ATs. Confirmation for the course and other correspondence will be given via EMAIL, so please print legibly. Please bring short & tank for lab. All course cancellations must be submitted in writing and received at least 45 days prior to the course. Refunds or transfers may incur a $50 fee for processing. BAS Performance and Rehabilitation will not be responsible for other expenses refunded other than course tuition. No refunds given after 7 days prior to the course. Locations can be found on Google maps.