Improve outcomes with:
Inefficient movement patterns
Scar mobilization
Sports injuries
Muscle hypertonicity
Post-surgical adhesions
Contractures
Overuse injuries
Postural syndromes
Rib dysfunctions
Decreased flexibility
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!"
-Cindy Chang MD
Former Cal Head Team Physician

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

San Francisco
Level 1 April 24th, 2016

New York City
Level 1 June 4th, 2016

Los Angeles
Level 1 June 25th, 2016

Dallas, TX
Level 1 July 9th, 2016

Level 1 and advanced Level 2 systematic courses
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.

**Objectives**

* Understand the properties skin/fascia and its interface with the musculoskeletal and neuromuscular systems.
* Understand histological layers, trigger points, fascial lines, and Janda's postural syndromes.
* Be able to utilize manual applications of MFD to treat orthopedic issues, myofascial pain, and contraindications when using negative pressure.
* Implement basic neuromuscular re-education principles after MFD to restore optimal function.

**About the Course**

Christopher DaPrato, DPT, SCS, CSCS

It is our goal as clinicians to restore function to our patients as timely as possible. The techniques in this course will take the "sore thumb" out of integrating a myofascial approach into the rehabilitation process. The majority of manual therapy we utilize is compressive in nature: STM, MFR, joint mobilizations. MFD is one of the few techniques that works in the decompression of adhesions, which often makes more physiologic sense. The MFD course will integrate Eastern evidence based physiologic principles.

**Course Outline:**

8:00-9:00 Intro. Anatomy, histology, & physiology review.

9:00-10:30 Literature review, collagen, ECM, Tensegrity, trigger point theory, fascial lines, and Janda postural syndromes. Elite athlete care, recovery, performance.

10:30-12:30 Getting started, operation/application, MFD approach and techniques, precautions & contraindications. Lab.

12:30-1:00 Breakouts: Junctional Zones, ITB, traps, and levator scap.

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

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.

**Course Cost:**

Personal Deluxe $250

Student discount price = $150

Group discount ≥ 3 = $220 each

**Tuition Due:**

Price per course $250

8 CEU approved contact hours

Discount price

Total:

**Method of Payment**

Check #:

Credit Card: Must be processed online via website: www.MyofascialDecompression.com

Email questions or inquiries to CupTherapy@gmail.com

**Registration Form**

**Dates and Locations:**

SF level 1 April 24th, 2016 Sunday 8:00 am-4:30 pm @ UCSF Faculty Practice, Mission Bay, 1500 Owens St., SF, 94158

NYC level 1 June 4th, 2016 Saturday 8:00 am-4:30 pm @ STAR PT Manhattan office, NY, NY

Pepperdine University level 1 June 25th, 2016 Saturday 8:00 am-4:30 pm @ Sports Medicine Department

Dallas level 1 July 9th, 2016 Saturday 8:00 am-4:30 pm @ TCU Sports Medicine Department, Dallas/FortWorth

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

**Name:**

**Facility:**

**Email:**

**Phone:**

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

**Groups:**

Discount price

Student discount price = $150

**Total:**

Method of Payment

Check #:

Credit Card: Must be processed online via website: www.MyofascialDecompression.com

Click Register

This form must be received at least 10 days prior to course, and may be scanned and emailed to: CupTherapy@gmail.com

Or mailed to 3506 Patach Creek Road, Winters, CA, 95694

CEU’s APPROVED for the California Physical Therapy Board, & the Board of Certification for ATCs. Confirmation for the course and other correspondence will be given via EMAIL, so please print legibly. Please bring shorts & tank for lab. All course cancellations must be submitted in writing and received at least 10 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. BAS Performance and Rehabilitation reserves the right to cancel a course up to 2 weeks prior to course for circumstances beyond its control, with only tuition being fully refunded. Locations can be found on Google maps.