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

CUPTherapy.com

Bay Area Sports Performance & Rehabilitation
3806 Putah Creek Road, Winters, CA, 95694

MYOFASCIAL DECOMPRESSION

Negative Pressure
Soft Tissue
Mobilization and
Movement Patterns

MFD™ Level 1

Southern California
Level 1 October 29th, 2016
San Francisco
Level 1 December 4th, 2016
Hawaii
Level 1 December 18th, 2016
Florida
Level 1 February 4th, 2017

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

- Describe the properties skin/fascia
- It is our goal as clinicians to restore function to our patients as effectively as we can. The techniques in this course will take the "sore thumb" out of integrating a strong manual based approach to musculoskeletal disorders with the decompression of adhesions, which often makes more physiological sense. The MFD course will integrate Eastern evidence based physiologic principles.
- Utilize manual applications of MFD, MFR, joint mobs. MFD is one of the few techniques that works in very compressive tissues. The majority of manual therapy we utilize is applied in a decompressive manner. STM, myofascial lines, and Janda's postural syndromes. Elite athletic care, recovery, and performance enhancement. The MFD course will integrate Western evidence based physiologic principles.

About the Course

- 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.
- Implement basic neuromuscular re-education principles after MFD to restore optimal function.

Course Outlines:

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 athletic care, recovery, and performance enhancement.
10:30-11:30 Getting started, operation/application, MFD, approach, and techniques, precautions & contraindications. Lab.
11:30-12:30 Breakouts: Junctional Zones, ITB, traps and levator scap, strain vs tears. Lordosis/Kyph/Scolio. Break
12:30-1:00 Lunch
1:00-1:45 Treating T/L fascia, P/O shoulder, shoulder impairments
1:45-3:00 Treating PFS, P/O ACL, flexion contractures, Hamstring strain vs tears. Lordosis/Kyph/Scolio. Brock
3:00-3:45 Treating lower leg dysfunction, ankle/foot care, Tendolons.
3:45-4:30 Clinical case studies, appropriate athlete care.

Tuition Fee (includes):

- 8 CEU approved contact hours (MFD course)
- 24 piece pneumatic negative pressure decompression set with tuition.

Tuition Due:

- Price per course: $260
- Group discount ≥ 3 = $225 each
- Student discount price = $150

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

Method of Payment

- Check: Payable to BAS Performance & Rehabilitation
- Payment to BAS Performance & Rehabilitation

CEU's APPROVED for the California Physical Therapy Board, & the Board of Certification for AT's. 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 30 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.

Email questions or inquiries to CupTherapy@gmail.com