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

3806 Putah Creek Road, Winters, CA, 95694

Southern California
Level 1 October 29th, 2016
Austin, TX
Level 1 December 10th, 2016
Hawaii
Level 1 December 17th, 2016
Florida
Level 1 February 4th, 2017

Level 1 and advanced Level 2 systematic courses

Negative Pressure
Soft Tissue Mobilization and Movement Patterns

MFD™ Level 1

3806 Putah Creek Road, Winters, CA, 95694

MYOFASCIAL DECOMPRESSION

CUPTherapy.com

BOC Approved CE Provider #12829

Former Cal Head Team Physician

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

- Describe the properties, skin/fascia and its interface with the musculoskeletal and neuromuscular systems.
- Describe histological elements of myofascial layers, trigger points, fascial lines, and Janda's postural syndromes.
- Describe precautions and contraindications when using negative pressure tools: documentation and billing, PTO, pressure, expedite, efficiency, drastically 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.**
- **9:00-10:30 Literature review, collagen, ECM, Tensegrity, trigger point theory, fascial lines, and Janda postural syndromes.**
- **10:45-11:45** Treating T/L fascia, P/O shoulder, shoulder impairments
- **11:30** Breakout: Junctional Zones, ITB, traps, and levator scap.
- **12:30** Lunch
- **1:00-1:45** Treating P/O ACL, flexion contractures, Hamstring strain vs tears.
- **1:45-3:00** Treating Patellar Fracture, Patella, Osteoarthritis, Scoliosis.
- **3:00-3:45** Treating lower leg dysfunction, ankle/foot. Tendonosis.
- **3:45-4:30** Clinical case studies, appropriate athlete care, future research/evaluation.

**Tuition and Dates**

- **Preregistration fee:** $260
- **8 CEU approved contact hours**
- **Price per course:** $260
- **Student discount price:** $150
- **Group discount ≥ 3:** $225 each

**Registration Form**

- **Name:**
- **Facility:**
- **Phone:**
- **Email:**

**Method of Payment**

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

**Instructors**

- **Christopher DaPrato, DPT, SCSCS, CSCS**
  - Faculty at UCSC and School of Medicine at the Mission Bay Campus.
  - Prior to his current position he was a Team Physical Therapist for the University of Denver and a certified AcubacTherapist.

- **Brian Schulman ATC, MA**
  - Currently on staff at Rausch Physical Therapy.
  - Specializes in HVLATs, Muscle Energy, and functional manual therapy.

**Course Cost**

- **Includes** personal Deluxe 24 piece pneumatic negative pressure decompression set with tuition.

**Tuition Due**

- **Price per course:** $260
- **8 CEU approved contact hours**

**Dates and Locations**

- **SoCal:** Level 1 Oct 29th, 2016 Sat 8am-4:30pm
  - Rausch Physical Therapy 28502 Cabot Rd, Laguna Niguel, CA

- **TX:** Level 1 Dec 10th, 2016 Sat.
  - University of Texas, Austin, Sports Medicine Department

- **Hawaii:** Level 1 Dec 17th, 2016 Saturday
  - 8am-4:30pm, Oahu, Hawaii, @ Contemporary Sports Therapy

- **Florida:** Level 1 Feb 4th, 2017 Saturday 8am-4:30pm
  - @ Florida Gulf Coast University, Fort Myers, FL

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

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

**Email questions or inquiries to CupTherapy@gmail.com**

**CEUs APPROVED** for the California Physical Therapy Board, & the Board of Certification for A.T.'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.