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

“...manual approach in this course will get your patients returning more quickly to their sport!”

-Cindy Chang MD
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 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 musculoskeletal and neurologic systems. He is currently on staff with Western evidence based physiologic principles.

Laboratory Assistants: Kristy Illg MPT, ATC, CSCS

Brian Schulman ATC, MA

Course Objectives

- Understand the properties of skin, fascia and its interface with the musculoskeletal and neurologic systems.
- Understand layers, trigger points, contours, and components of muscles.
- Understand selective anatomy, fascial systems and contraindications
- Be able to utilize manual applications of medical therapy to treat orthopedic issues, sports injuries, and P/O adhesions.
- Be sure tools; documentation and billing.
- Implement basic neuromuscular education principles after MFD to restore optimal function.

Course Outline:

8:00-9:00 AM Intro. Anatomy, histology, & physiology review.
9:00-10:30 AM Literature review, collagen, ECM, Tensegrity, trigger point theory, fascial lines, and Janda postural syndromes. Elite athlete care, recovery, MFD approach and techniques, precautions & contraindications. Lab.
10:45-12:30 PM Treating T/L fascia, shoulder distractions, shoulder impairments and techniques, precautions & contraindications. Lab.
11:30-1:00 PM Instrument Assisted Soft Tissue Mobilization (IASTM). Demos.
1:45-3:00 PM Treating PFPS, P/O ACL, flexion contractures, Hamstring strain vs tears. Lordosis/Kyphosis/Scolio. Break.
2:30-10:00 PM Treating T/L fascia, P/O shoulder, shoulder impairments
3:00-3:45 PM Clinical case studies, appropriate athlete care, future research/evidence. Summary, evaluations
3:45-4:30 PM Future research/evidence. Summary, evaluations

With over 20 years of competition, these cup techniques are amazingly effective at reducing scar tissue and fascial tension. - Natalie Coughlin, 12 time Olympic medalist.

Tuition Due:

- Price per course: $250
- 8 CEU approved contact hours
- Discount price = $150
- Group discount ≥ 3 = $220 each
- Student discount price = $150
- Total:

Method of Payment

- Check + PayPal to BAS Performance & Rehabilitation

Registration Form

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

Email questions or inquiries to CupTherapy@gmail.com

CEU’s APPROVED for the California Physical Therapy Board, & the Board of Certification for ATCs. Confirmation for the course and other correspondences 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.