

MYOFASCIAL DECOMPRESSION

COURSE PROSPECTUS

COURSE DESCRIPTION

- Myofascial Decompression is a science-proofed new approach combining manual therapy and exercises to restore body mobility and reduce tightness by solving soft tissue dysfunction and fascial restriction issues.
- It's a one-of-a-kind method to release fascia by lifting and decompressing tissues beneath the skin but not compressing them for freeing adhesions and promote blood flow
- This course covers techniques for both upper and lower body regions. The expanded curriculum now includes detailed methodologies for treating the neck, shoulders, and the lumbar spine, among other areas, making it ideal for practitioners looking to enhance their therapeutic skills across the entire body.
- Traditional cupping does not include active movements, but MFD Involves client motion, both passive and active, and the manipulation of myofascial decompression cups

GOALS OF THE COURSE

- ✓ Equip students with the necessary knowledge and skills to effectively apply myofascial decompression techniques with an emphasis on aiding clients, reducing chronic pain, improving mobility and range of motion, and promoting relaxation of hypertonic muscles.
- ✓ Develop proficiency in applying proper pressure, cup size, and cup placement on the neck and shoulder, thoracolumbar & lower body region using cupping therapy, with a focus on aiding athletes in their recovery and alleviating chronic pain.
- ✓ Learn how to deal with cupping marks and determine when to use lubricants for more effective results and implement safe practices and understand the contraindications of myofascial decompression techniques
- ✓ Master various cupping techniques including static, active and gliding cupping methods, and be able to perform both techniques for optimal results, with a focus on increasing healing and recovery and improving mobility and movement.
- ✓ Gain knowledge and skills in dynamic movement, motion, lymphatic, gliding, single cup, multiple cups, and nerve entrapment techniques using cupping therapy, with an emphasis on relaxation of hypertonic muscles.
- ✓ Learn customised exercises that target the myofascial lines that effect the full body region and learn how to incorporate them into your exercise therapy / corrective exercise programs for your clients.

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COURSE HIGHLIGHTS

Regions & Symptoms Covered:

- Upper Body: Neck and Shoulders
- Lower Body: Glute Medius, IT Band, Lumbar Spine, Hamstrings
- Chronic pain conditions: Lower back pain and Thoracolumbar Fascia

Cupping Techniques:

- One Cup Glide/Static
- Anchor Glide
- Distraction and Motion
- AROM and PROM techniques

Area Classification:

- Trigger points
- Fascial Layers
- Postural Syndromes (Lower Crossed, Upper Crossed, Postural Distortions)

Practical Application:

- Hands-on sessions for each body area
- Case studies and real-life application scenarios



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WHO IS THIS FOR?

Professionals in:

- Fitness industry
- Movement instructors
- Strength & conditioning professionals
- Healthcare professionals

ENROLMENT CRITERIA

- Recognized Certificate in Personal Training with at least 2 years of experience working with clients
- Students from other related fields of work will be considered on a case by case basis.



COURSE INFO

LANGUAGE OF INSTRUCTION

- Available in English and Chinese

DURATION

- 7 hour In person practical workshop
- 9am - 5pm

CAPACITY

- 20 Students (One Instructor)

CECS GAINED

- 0.8 CECs for ACE
- HK Physio CPD



TO REGISTER

- Enrollment is complete upon received payment
- For group registration, please contact us for preferential information

COURSE MATERIALS/ TOOLS

- Course manual in English or Chinese
- Myofascial Decompression
- Cupping Set



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INSTRUCTORS



STEVEN CHEW

- Myofascial Decompression Master instructor
- Founder, Fitness Academy Asia

COURSE STRUCTURE

Mechanisms of the myofascial decompression technique, its aims and objectives

Anatomy and biomechanics of the neck, shoulder, lumbar, and lower body

Techniques of applying the cups that include client movement, cup manipulation, and sliding cups on different structures of the neck, shoulder, thoracolumbar, and lower body

Assessment and evaluation - pre and post application

Hands on practice on tool application with partners under the supervision of the class instructor

CONTACT INFO

- Email: specialize@fitnessacademyasia.com
- Whatsapp: (+852) 5540-1516
- Website: www.fitnessacademyasia.com



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MATERIALS NEEDED

- Note pad and writing equipment for notes
- Sports Attire (shorts, t-shirts, sports bra)



ASSESSMENT

Not applicable



CERTIFICATIONS

Certification of Attendance
will be given after the course



Disclaimer: No refund unless class is canceled by the FAA. All bookings are final and refunds are not permitted. In the event you need to cancel or reschedule, please contact us on +852 5540-1516

