

MYOFASCIAL DECOMPRESSION THERAPY

- **What is Myofascial Decompression?**
 - Using negative pressure (vacuum) through hand pump and cups to have an effect on the fascia or connective tissue between the muscle and the skin
 - Is MFD the same as “cupping”?
 - NO. We are using the principles of Chinese medicine to increase musculoskeletal movement. Chinese medicine and acupuncture target Qi/Chi and elimination of toxins
- **Who can benefit?**
 - Connective tissue change
 - Trigger Points
 - Myofascial Lines
 - Scar adhesions, scar tissue
 - Upper Crossed/Lower Crossed syndrome: hypertonic groups
- **Why does decompression work?**
 - The site of pain is often not the cause of pain
 - Releases tight, facilitated muscles
 - Opens up “catches” in myofascial layers
 - Releases trigger points, bringing in blood flow and nutrient exchange
 - Traction out deep connective tissue elements that are in dysfunction
 - Decreased viscosity
 - Endorphin release and Gate Theory of Pain
- **Contraindications (CANNOT PERFORM)**
 - Eyes and genitalia, Unhealed wounds, Hemophilia, leukemia, active TB
 - Thrombocytopenia, Later stages of pregnancy, Influenza or fever
 - Mod/Severe Anemia cardiac conditions, high BP (>160/90)
 - Vasculitis, Active Cancer, Skin elasticity disorders - EDS
- **Precautions**
 - Post-Surgical (may do areas around surgical site early)
 - Typical wait time 1-2 weeks near surgical site, 3-4 weeks directly over portals, 5-6 weeks over open surgical sites
 - Those that are over eager (addictive personalities)
 - Healing or thin skin, Pregnancy
 - Areas of ecchymosis (previous cupping, Graston, STM)
 - Venous stasis and varicose veins
 - Diabetes, tissue healing, and neuropathy
 - Swollen tissues (especially pitting edema)
- **Informed Consent**
 - Must obtain verbal informed consent AFTER all precautions have been addressed
 - Warn patient and significant other regarding marks
 - Marks may last anywhere from 5 days to a few weeks
 - Instruction to patients: “releases connective tissue adhesions” or “scar mobility”