

# 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”