

Myofascial Decompression

Therapy using Negative Pressure

Saturday, May 18, 2024



COURSE DESCRIPTION

This course will provide an introduction to a manual therapy approach that combines negative pressure technology using cups with principles of neuromuscular re-education to treat soft tissue dysfunction and improve faulty movement patterns. We will dive deep into the fascial system to discover the significant role it plays in soft tissue dysfunction resulting in pain, loss of motion, poor mechanics, and ultimately decreased function. We will have lab time for motion assessments as well as to practice applying cups and utilizing MFD techniques to treat common musculoskeletal dysfunctions.

TIMES

7:30am - 8:00am Check in
8:00am - 5:00pm Program

OBJECTIVES

Upon completion of this program, the participant should be able to:

1. Review the basic properties of skin/fascia and its contributions to both the musculoskeletal and neurological systems.
2. Review the ancient roots of "cupping".
3. Review the target for myofascial decompression therapy including trigger points, fascial line and postural syndromes.
4. Review precautions and contraindications of MFD.
5. Practice the application of myofascial decompression with negative pressure.
6. Clarify common musculoskeletal impairments with MFD including pre and post testing, trigger point assessment, functional activity, and sport specific/neuromuscular reeducation training.

CREDIT

AHEC: This program is approved for 0.75 CEU's (7.5 clock hours) by Pee Dee AHEC and meets the SC AHEC Best Practice Standards. Participants must attend 90% of the program and complete an evaluation to receive a certificate of attendance. No partial credit will be given.

Occupational Therapists: 7.5 contact hours of continuing education for Occupational Therapists by the SC Board of Examiners for Occupational Therapy has been approved for 7.5 hours.

Physical Therapists: 7.5 contact hours of continuing education with the SC Department of Labor, Licensing and Regulation Board of Examiners for Physical Therapy has been approved for 7.5 hours.

Certified Athletic Trainers: Pee Dee AHEC/McLeod Health is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.5 hours of Category A Continuing education (0.75 CEU) Certified Athletic Trainers are responsible for claiming only those hours actually spent. Provider 3731

LOCATION

**McLeod Outpatient
Rehabilitation and Sports Medicine
2439 Willwood Dr.
Florence SC 29501**

INSTRUCTOR

Allyson Rooney, PT, DPT, LSVT, MFDc

Allyson is an experienced physical therapist currently working in the Outpatient Physical Therapy Department at Carolina's Rehabilitation in Mount Holly, NC. She relocated to Fort Mill, SC in 2010 after working at Mt. Sinai Medical Center in NYC for over 19 years. Allyson graduated with a BS in Physical Therapy from Ithaca College in 1991. She completed the DPT program online at MGH Institute for Health Professionals in 2008. For the past 10 years, Allyson has continued treating patients with a wide variety of both neurological and musculoskeletal diagnosis. Allyson has expertise in manual therapy and received certification in MFD in October 2017. She is passionate about movement, maximizing performance and function despite the "diagnosis". Allyson is a registered yoga instructor and incorporates a holistic approach in her treatment interventions.

TARGET AUDIENCE

Athletic Trainers, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, & Physical Therapy Assistants

FEE

\$200.00 Non-consortium (an additional \$30.00 for cupping materials will be added to registration fee)
\$100.00 Consortium (an additional \$30.00 for cupping materials will be added to registration fee)

Registration Deadline: 5/17/2024

REGISTRATION

To Register please visit

<https://www.scahec.net/learn/programs/3577>

For questions call Kimberly Morris 843-777-5352
kimberlymorris@mcleodhealth.org



Cancellation and Refund Policy:

Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

Dress: Please wear conformable and loose clothing for program.

