

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
- Focus on the neck and shoulder with hands-on practice to release the resistant muscle knots, increase blood flow, free up fascia, and release trigger points
- 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 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, while also improving flexibility and range of motion and reducing muscle spasms.
- ✓ Understand the differences between passive and active cupping applications, 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, siding, single cup, multiple cups, and nerve entrapment techniques using cupping therapy, with an emphasis on relaxation of hypertonic muscles.
- ✓ Learn post-application exercises that target myofascial lines influencing the neck and shoulders, and develop the ability to incorporate them into treatment plans for a wide variety of clients.

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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

- 5 hour In person practical workshop
- 1pm-6pm

CAPACITY

- 20 Students (One Instructor)

CECS GAINED

- 0.8 CECs for ACE

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 and shoulder

Techniques of applying the cups that include client movement, cup manipulation, and sliding cups on different structures of the neck and shoulders

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

