

DEFINING MYOFASCIAL DECOMPRESSION

MYOFASCIAL DECOMPRESSION

- 3- 5 minutes
- focuses on active movement patterns
- includes neuro re-ed

VS

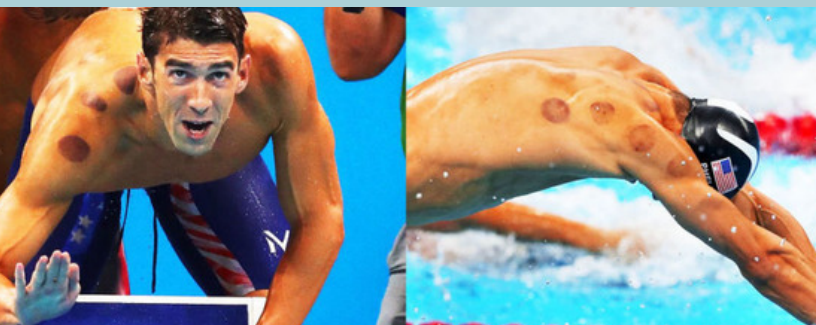
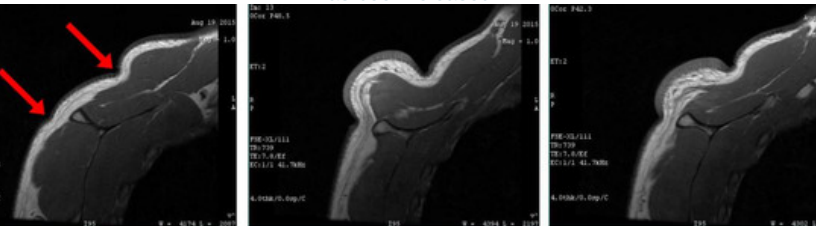
TRADITIONAL CUPPING

- 5- 20 minutes
- not integrated with movement science
- passive modality

WHAT DOES MFD DO?

MFD is the only modality in manual medicine that is decompressive in nature. The negative pressure forces allow for increases in space in the musculoskeletal system for improved tissue gliding and mobility.

Sagittal view of upper shoulder using MRI imaging. Fig. 1: Before vacuum pressure applied. Fig 2: Negative pressure force applied. Fig 3: Tissue effect after all pressure has been released.





Myofascial
Decompression
addresses connective
tissue restrictions by
improving the mobility of
the soft tissue layers. The
use of negative pressure
with suction cups creates
space between the soft
tissue layers that allows
each layer to slide one
upon another with
decreased viscosity and
improved movement
efficiency. Check out our
site cuptherapy.com for
the latest research

MYOFASCIAL
DECOMPRESSION