

Fascial Manipulation® course level I and II

LEVEL I

	FIRST DAY	
08.30 - 9.00	Welcome and Introduction to Course	Presentation
9.00 - 9.45	Basic Principles of Fascial Manipulation ©: fascial layers and continuity, histology, innervation	Theory
9.45 - 10.00	Break	
10.00 - 11.15	Basic Principles of Fascial Manipulation (cont) Glossary of terms used in Fascial Manipulation©.	Theory Theory
11.15 - 1.00	Sequence of antemotion: head and trunk Presentation, demonstration of centres of coordination, movement tests, position of treatment,	Theory/Demo
1.00 - 2.00	Lunch	
2.00 - 4.30	Sequence of antemotion : lower limb	Theory/Demo /Practical
4.30 - 4.45	Break	
4.45 - 6.30	Sequence of antemotion: upper limb	Theory/Demo Practical
	SECOND DAY	
08.30 - 9.30	Anatomy of the myofascial unit and mf sequences.	Theory
9.30 - 11.00	Sequence of retromotion: head and trunk	Theory/Demo/Practical
11.00 - 11.15	Break	
11.15 - 16.00	Sequence of retromotion: lower limb	Theory/Demo/Practical
1.00 - 2.00	Lunch	
2.00 - 3.00	Sequence of retromotion: upper limb	Theory/Demo/Practical
3.00 - 4.00	The Assessment Chart for Fascial Manipulation (from anamnesis to hypothesis – significant questions, abbreviations; from hypothesis to treatment – procedure, verification)	Theory Demo
4.00 - 4.15	Break	
4.15 - 6.30	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment. Questions	Theory
	THIRD DAY	
8.30 - 10.45	Sequence of lateromotion: head and trunk	Theory/Demo/Practical
10.45 - 11.00	Break	
11.15 - 1.00	Sequences of lateromotion: lower limb	Theory/Demo/Practical
1.00 -2.00	Lunch	
2.00 -2.45	Sequences of lateromotion: upper limb	Theory/Demo/Practical
2.45 -4.00	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment. Questions	Demo/Practical
	FOURT DAY	
8.30 - 9.15	Manipulation of the Fascia - Treatment	Theory
9.15 - 10.30	Sequence of mediomotion: head and trunk	Theory/Demo/Practical
10.30 - 10.45	Break	
10.45 -12.00	Sequences of mediomotion: lower limb	Theory/Practical
12.00 - 1.00	Sequence of mediomotion: upper limb	Theory/Demo/ Practical

1.00 - 2.00	Lunch	
2.00 - 3.30	Sequences of extrarotation: head and trunk	Theory /Demo Practical
3.30 - 3.45	Break	
3.45 - 5.15	Sequence extrarotation : lower limb	Theory/Demo /Practice
5.15 - 6.30	Sequences of extrarotation: upper limb	Theory /Demo
	FIFTH DAY	
8.30 - 9.15	Sequence of extrarotation: head and trunk	Theory /Demo/Practical
9.15 - 10.45	Sequence of intrarotation: lower limb	Theory/Demo/Practical
10.45 - 11.0	Break	
11.00 - 11.00	Sequence of intrarotation: upper limb	Theory /Demo/Practical
1.00 - 2.00	Lunch	
2.00 - 4.00	Compilation of assessment chart by students hypothesis, movement tests, palpatory verification, and treatment	Group work
4.00 - 4.15	Break	
4.15 - 6.30	Assessment Chart for Fascial Manipulation (revision)	Group work
	SIXTH DAY	
08.30 - 9.30	Presentation and discussion of cases by students	Discussion
9.30 - 10.30	Fascial Manipulation - treatment strategies, progression of treatment, patient advice	Theory
10.30 - 10.45	Break	
10.45 - 1.00	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment. OR Guided case studies based on Assessment charts	Practical
1.00 - 2.00	Lunch	
2.00 - 4.00	Exam level I	Practical

LEVEL II

	FIRST DAY	
8.00am	Registration	
8.30-10.00	Presentation of cases treated by students	Theory
10.00-10.15	break	
10.15-12.30	Centres of fusion - anatomy and physiology, retinacula, diagonals, and spirals	Theory
12.30-1.30	Lunch (on your own)	
1.30-3.00	Centres of fusion - diagonals, and spirals	Theory
3.00-3.15	break	
3.15-5.00	Comparative assessment: movement and palpatory assessments of the lower limb, upper limb, head and trunk	Practical and evaluation of Palpatory skills
5.00-6.30	Mf diagonal and centres of fusion: ante-latero	Theory/Demo Practical
	SECOND DAY	
8.30-10.00	Fascia and physiology of motor control	Theory/Demo Practical
10.00-10.15	break	
10.15-12.30	Mf diagonal and centres of fusion: ante-medio	Theory/Demo Practical
12.30-1.30	Lunch (on your own)	
1.30-3.00	Mf diagonal and centres of fusion: retro-medio	Theory/Demo Practical
3.00-3.15	break	
3.15-6.30	Treatment demonstration	Theory/Demo Practical

	THIRD DAY	
8.30-10.00	Mf diagonal and centres of fusion: retro-latero	Theory/Demo Practical
10.00-10.15	break	
10.15-12.30	The global assessment chart	Theory/Demo Practical
12.30-1.30	Lunch (on your own)	
1.30-4.00	Guided treatment session	Theory/Demo Practical
	FOURT DAY	
8.30-10.00	CFs diagonal, and spiral the rule of retinacula	Theory
10.00-10.15	break	
10.15-12.30	Comparative assessment CCs and CFs	Theory/Demo Practical
12.30-1.30	Lunch (on your own)	
1.30. 3.00	Myofascial spirals	Practical
3.00-3.15	break	
3.15-6.30	Review assesment charts	Theory/Demo Practical
	FIFTH DAY	
8.30-10.00	Postural adaptations and the fascial system	Theory/Demo Practical
10.00-10.15	break	
10.15-12.30	Treatment demostration	Theory/Demo Practical
12.30-1.30	Lunch (on your own)	
1.30-3.00	Guided treatment practice	Theory/Demo Practical
3.00-3.15	break	
3.15-6.30	Review CCs and CFs by area	Group work
	SIXTH DAY	
8.30-10.00	Treatment of a patient by group – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment.	Group work
10.00-10.15	break	
10.15-12.30	Treatment strategy	Theory/Demo Practical
12.30-1.30	Lunch (on your own)	
1.30. 3.00	Exam level II	Practical
3.00-4.00	Question time	Theory/Demo Practical