

FASCIAL MANIPULATION®

Programme Level I

Note: this programme may be subject to changes according to organizational requirements of either the venue or the Instructors.

Day 1

08.30 - 8.45	Welcome and Introduction to Level 1		h. 0.15
8.45 - 10.00	Fascial Anatomy: layers and continuity, histology, innervation		h. 1.15
10.00 -10.20	Break		h. 0.20
10.20 - 11.00	Biomechanical model and Glossary of terms used in Fascial Manipulation®	Theory	h. 0.40
11.00 - 12.30	Sequence of antemotion: upper limb Presentation, demonstration of centers of coordination, movement tests, position of treatment,	Theory/Demonstration/ Student practice	h. 1.30
12.30 - 13.30	Lunch		h.1.00
13.30 - 15.00	Sequence of antemotion : head and trunk	Theory/Demo Practical	h.1.00 h. 0.30
15.00 - 16.00	Sequence of antemotion: lower limb	Theory/Demo	h.1.00
16.00 -16.20	Break		h.0.15
16.20 - 16.40	Sequence of antemotion: lower limb	Practical	h. 0.20
16.40 – 17.30	Manipulation of the Fascia – Treatment	Theory	h 0.50

Day 2

08.30 - 9.20	Physiology of the myofascial unit and mf sequences	Theory	h 0.50
9.20 - 10.40	Sequence of retromotion: upper limb	Theory/Demo/ Practical	h. 1.10
10.40 - 11.00	Break		h.0.20
11.00 - 12.30	Sequence of retromotion: head and trunk	Theory /Demo Practical	h. 0.45 h. 0.45
12.30 - 13.30	Lunch		
13.30 - 14.40	Sequence of retromotion: lower limb	Theory/Demo /Practical	h. 1.10
14.40 - 15.30	Part 1 The Assessment Chart for Fascial Manipulation (from anamnesis to hypothesis – significant questions, abbreviations) and demonstration	Theory	h. 0.50
15.30 - 15.50	Break		h.0.20
15.50 - 16.10	Part 2 The Assessment Chart for FM - from hypothesis to verification and treatment	Theory	h.0.20
16.10 - 17.30	Sequence of lateromotion: upper limb	Theory/Demo /Practical	h.1.20

Day 3

8.30 - 10.00	Sequence of lateromotion: head and trunk	Theory/Demo/Practical	h. 1.30
10.00 - 10.30	Sequences of lateromotion: lower limb	Theory/Demo	h. 0.30

10.30 - 10.45	Break		h.0.15
10.45 - 11.15	Sequences of lateromotion: lower limb	Practical	h. 0.30
11.15 -12.30	Treatment of a patient by instructor – anamnesis, hypothesis, movement tests and palpation verification, treatment, reassessment.	Demo	h.1.15
12.30 -13.30	Lunch		h.1.00
13.30 -14.40	Sequence of mediomotion: upper limb	Theory/Demo/Practical	h.1.10
14.40 -16.00	Sequence of mediomotion: head and trunk	Theory/Demo/Practical	h.1.20
16.00-16.15	Break		h.0.20
16.15 -17.15	Sequence of mediomotion: lower limb	Demonstration and discussion	h. 1.00
17.15 - 17.30	Question time		h.0.15

Day 4

8.30 - 10.00	Sequence of extrarotation: upper limb	Theory/Demo/ Practical	h. 1.30
10.00 - 10.15	Break		h.0.15
10.15 – 11.45	Sequence extrarotation: head and trunk	Theory /Demo/ Practical	h. 1.30
11.45 -12.30	Sequence of extrarotation: lower limb	Theory	h. 0.45
12.30 - 13.30	Lunch		h. 1.00
13.30 - 14.00	Sequence of extrarotation: lower limb	Demo/Practical	h. 0.30
14.00 - 15.30	Sequence of intrarotation: upper limb	Theory/Demo/ Practical	h 1.30
15.30 -15.50	Break		h. 0.20
15.50 - 17.30	Sequence of intrarotation: head and trunk	Theory/Demo/Practical	h. 1.50

Day 5

8.30 - 10.00	Sequence of intrarotation: lower limb	Theory/Demo/ Practical	h. 1.30
10.00 - 11.00	Comparative assessment: movement and palpatory assessments of the upper limb, lower limb , head and trunk	Group work with instructor	h 1.00
11.00 - 11.20	Break		h. 0.20
11.20 - 12.30	Comparative assessment: movement and palpatory assessments of the upper limb, lower limb , head and trunk	Group work with instructor	h.0.40
12.30 - 13.30	Lunch		h. 1.00
13.30 - 14.30	Comparative assessment: movement and palpatory assessments of the upper limb, lower limb , head and trunk	Group work with instructor	h.1.00
14.30 - 15.00	Assessment Chart for Fascial Manipulation (revision)	Theory	h.0.30
15.00 - 15.15	Break		
15.15 - 17.30	Treatment of a patient by students: Compilation of assessment chart hypothesis, movement tests, palpatory verification, and treatment	Group work	h 2.15

Day 6

08.30 - 10.00	Presentation and discussion of cases by students	Discussion	h 1.30
10.00 - 10.15	Break		h. 0.15
10.00 -10.50	Fascial Manipulation - treatment strategies, progression of treatment, patient advice	Theory	h 0.50
10.50 - 12.30	Presentation and discussion of cases by students		h. 1.40
12.30 -13.30	Lunch		h.0.20
13.30 – 15.00	Treatment of a patient	Group work	h.1.30
15.00 - 15.15	Break		h.0.15
15.15 – 16.00	Exam Level 1		h. 0.45
16.00 – 16.30	Diploma presentation and Closure of course		h.0.30

Syllabus outline	
Lessons/Demonstrations/ Hands-on sessions	Acquired Skill or Knowledge
Anatomy of the Fascia	An understanding of how the fascial system is formed anatomically, including its different layers (superficial and deep), its inter-relationship with the muscular system; histology of the different layers, and the types of innervation present in each layer.
Glossary of FM	Introduces new terminology as applied in the Biomechanical Model of Fascial Manipulation, as well as new methods for movement analysis. Applications of this movement analysis are explained.
Presentation of the Myofascial Sequences (antemotion, retromotion, lateromotion, mediomotion, extrarotation, Intrarotation)	Each Myofascial sequence is presented with indications for treatment of each single Myofascial Unit , the possible complaints that may be caused by malfunctioning of each myofascial unit, and the typical distribution of pain associated with each malfunction
Anatomy and Physiology of the MFU	Outlines the anatomical components of a Myofascial Unit (the basic unit of the musculoskeletal system according to FM theory) and the hypothesized physiology involved in its functioning.
Manipulation of the Fascia	How Fascial Manipulation works: Addresses principles of thermodynamics, the hypothesized action of the manual manipulation technique on the fascial tissues, the manner to treat and the types of reactions that are predictable during and after treatment.
Assessment Chart	How to compile a specific Assessment Chart that is essential for a Fascial Manipulation treatment. The compilation of this Chart includes patient history taking, formulation of a hypothesis of the impaired body segments, followed by movement verification and palpation verification of these segments.
Treatment strategies	How to decide which Center of Coordinations (components of the Myofascial Unit) require treatment. How to dose the treatment effectively. How proceed in a second treatment.
Movement Verifications and location of all CC	Assessment skills in the evaluation of impaired movement for each body segment
Comparative Assessment	The manual ability/sensitivity required to palpate Centre of Coordinations of one segment comparatively is stressed. The exact anatomical location of each single CC is emphasized as a necessary requirement for successful treatment.

Patient Demonstrations	Provides an overall vision of how a Therapist conducts a treatment session. Post treatment group discussions enhance understanding of the standard treatment procedure.
Student Assessment Charts	Practical hands-on session between students. Highlights difficulties in compiling an Assessment Chart, asking the right questions, helps to switch to the Fascial Manipulation model (different to previous outlook) recalls Moment Verifications and CC locations
Level I Exam	Multiple choice questions aimed at verifying and assessing the acquired information in compliance with the Fascial Manipulation Association (AMF) regulations.