FASCIAL MANIPULATION®

Programme Level II

Level II/A

Day 1

8.30 - 9.00	Welcome and Introduction to Course	Theory h. 0.30
9.00 - 10.30	Centers of fusion - the role of retinacula in myofascial diagonals and spirals.	Theory h. 1.30
10.30 - 10.50	Break	h. 0.20
10.50 - 12.30	Presentation of cases treated by Students since Level 1.	Group work h.1.40
12.30 - 13.30	Lunch	h. 1.00
13.30 - 15.30	Revision of Centers of Coordination/Movement tests from Level 1	Group work with Instructor h. 2.00
15.30 - 15.50	Break	h.0.20
15.50 –17.30	Revision of Centers of Coordination/Movement tests from Level 1	Group work with Instructor h. 1.40

Day 2

08.30 - 9.30	Fascia and physiology of motor control	Theory h 1.00
9.30 - 10.30	Myofascial diagonal and centers of fusion: retro-medio	Theory/Demo h. 1.00
10.30 - 10.50	Break	h.0.20
10.50 - 11.50	Myofascial diagonal and centers of fusion: retro-medio	Practical h. 1.00
11.50 - 12.30	Postural adaptations and the fascial system	Theory h.0.40
12.30 - 13.30	Lunch	h.1.00
13.30 - 15.30	Myofascial diagonal and centers of fusion: ante-latero	Theory/Demo/Practical h. 2.00
15.30 - 15.50	Break	h. 0.20
15.50 - 17.30	Myofascial diagonal and Centers of Fusion: retro-latero	Theory/Demo/Practical h.1.40

Day 3

8.30 - 9.00	Myofascial diagonal and Centers of Fusion: retro-latero	Theory h 0.30
9.00 - 10.30	Myofascial diagonal and centers of fusion: ante-medio	Theory/Demo h. 1.30
10.30 - 10.50	Break	h .0.20
10.50 - 11.30	Myofascial diagonal and centers of fusion: ante-medio	Practical h.0.40
11.30 - 12.10	The Global Assessment Chart	Theory h. 0.40
12.10 - 13.10	Lunch	h. 1.00
13.10 -15.00	Compilation of assessment chart by students – hypothesis, movement tests, palpation, and treatment.	Group work h 1.50
15.00 - 15.20	Break	h. 0.20
15.20 -16.30	Presentation and discussion of cases treated by students	Group work h. 1.10
	Questions and Closure of Level 2/A	h. 0.30

Level II/B

Day 1

8.30 - 8.45	Introduction to Level 2/B	h. 0.15
8.45 - 9.45	Evolution of the myofascial sequences, diagonals, spirals	Theory
9.45 -10.20	Comparative assessment head and trunk, upper limb lower limb: CC and CF	Student practice h.0.35
10.20 - 10.40	Break	h.0.20
10.40 - 12.30	Comparative assessment head and trunk, upper limb lower limb: CC and CF	Student practice h.1.50
12.30 - 13.30	Lunch	h.1.00
13.30 - 15.30	Comparative assessment head and trunk, upper limb lower limb: CC and CF	Student practice h. 2.00
15.30 - 15.50	Break	h.0.20
15.50 - 17.30	Treatment of a patient by an instructor and Discussion	Demonstration h. 1.40

Day 2

8.30 - 9.15	Myofascial Spirals	Presentation h 0.45
9.15 - 10.00	Assessment Chart practice: case example	Group work h 0.45
10.00 - 10.20	Break	h.0.20
10.20 - 12.30	Presentation and discussion of cases treated by Students or Instructors	Group work h 1.50
12.30 -13.30	Lunch	h. 1.00
13.30 - 15.30	The myofascial spiral of ante-latero and retro-medio	Theory /Demo /Practical h.2.00
15.30 - 15.50	Break	h.0.20
15.50 - 17.50	The myofascial spiral of ante-latero and retro-medio	Theory /Demo /Practical h.2.00

Day 3

08.30 - 10.30	Compilation of assessment chart by students – hypothesis, movement tests, palpation, and treatment.	Student Practice h.1.30
10.30 - 10.50	Break	h.0.20
10.50 - 11.30	Presentation and discussion of cases treated by students	Group work h. 0.40
11.30 - 12.30	Treatment strategies Level 2	h.1.00
12.30 -13.30	Lunch	h.1.00
13.30 - 14.30	Presentation and discussion of cases treated by students	Group work h. 1.00
14.30 - 15.30	Exam Level 2	h.1. 00
15.30 -16.30	Diploma ceremony, and last minute questions	h. 1.00

Please note: programme can be subjected to changes according to venue and organizational needs.

Syllabus outline	
Lessons /Demonstrations/Hands-on sessions	**Acquired Skill or Knowledge**
Centers of Fusion Part 1 and 2	An understanding of how retinacula are an important part of the fascial system and their role in the Biomechanical Model of FM
Fascia and Physiology of Motor Control	Outlines various hypotheses of how fascia may be involved in the physiology of Motor Control
Postural adaptations and the Fascial System	Addresses distribution of tensional compensations throughout the Fascial System and how these can influence postural deviations and disturbances.
Evolution of the myofascial sequences, diagonals and spirals	Introduces elements of Comparative Anatomy studies as part of the explanation of the Human Fascial System structure
The Global Assessment Chart	Introduces new elements to be included in the basic Assessment Chart learnt during Level I
Treatment strategies Level 2	Integrates knowledge acquired in Level 2 and Level 1 for more successful treatment.
Comparative Assessment	Ability to palpate CC and Centers of Fusion comparatively in all body segments is stressed as an essential component for successful treatments.
Patient Demonstrations	An overall vision of how a Therapist conducts a treatment session. Post treatment group discussions enhance understanding of treatment strategies and procedures for multisegmantal problems.
Student Assessment Charts	Highlights difficulties in compiling an Assessment Chart, asking the right questions, helps to switch to FM mode (different to previous outlook) recalls Movement Verification and anatomical locations of CC and CF.
Level II Exam	Multiple choice questions aimed at verifying the acquired information in compliance with the Fascial Manipulation Association (AMF) regulations.