



Fascial Manipulation[©] WORKSHOPS

LEVEL 1 – Part 1A/Part 1B (6 days)

Day 1

08.30 – 9.00	Welcome and Introduction to Course	Presentation
9.00 – 10.30	Fascial anatomy: superficial, deep fascial layers and continuity, histology, innervation	Theory
10.30 – 10.45	Break	
10.45 – 13.00	Physiology of fascia Biomechanical model of Fascial Manipulation®	Theory
13.00 – 14.00	Lunch	
14:00 – 16:15	Sequence of antemotion: head, trunk, upper and lower limbs. demonstration of centres of coordination, movement tests, position of treatment. Similar with all succeeding sequences.	Theory/Demo /Practical
16.15 – 16.30	Break	
16.30 – 18.30	Sequence of Internal Rotation	Theory/Demo /Practical

Day 2

08.30 – 10.30	Sequence of mediomotion	Theory/Demo/Practical
10.30 - 10.45	Break	
10.45 – 12.45	Sequence of retromotion	Theory/Demo/Practical
12.30 - 13.30	Lunch	
13.30 – 15.30	Sequence of external rotation	Theory/Demo /Practical
15.30-15.45	Break	
15.45-18.00	Assessment Chart for FM (case history-hypothesis)	Discussion

Day 3

08.00 – 10.30	Sequence of lateromotion/Balancing	Theory/Demo/Practical
10.30 – 10.45	Break	
11.00 – 13.00	Treatment of a patient by instructor. Case history, hypothesis, movement verification, palpation verification, treatment, reassessment. Questions	Demonstration and discussion
13.00 – 14.00	Lunch	
14.00 – 16.00	Student to student treatment, with supervision	

Day 4

8.30 – 9.00	Registration and discussion	
9.00 – 10.30	Review of Anatomy, Physiology, Biomechanical	
10.30 – 10.45	Break	
10.45 -12.15	SEGMENTAL sequence of antemotion: head, trunk, upper and lower limbs. demonstration of centres of coordination, movement tests, position of treatment. Similar with all succeeding sequences.	Theory/Demo/ Practical

12.15 – 13.15	Lunch	
13.15 – 14.45	SEGMENTAL sequence of intrarotation	Theory/Demo Practical
14.45– 15.00	Break	
15.00 – 16.30	SEGMENTAL Sequence of mediomotion	Theory/Demo /Practice
16.30 – 18.00	Balancing, treatment method, strategies	Theory

Day 5

8.30 – 10.00	SEGMENTAL sequence of retromotion	Theory/Demo/Practical
10.00 – 10.15	Break	
10.15 – 11.45	SEGMENTAL sequence of external rotation	
11.45 – 12.45	Lunch	
12:45 – 14:15	SEGMENTAL sequence of lateral rotation	
14:15 – 14:30	Break	
14.30 - 15.30	Strategies: proximal distal tension, agonist-antagonist, silent points, latent points, compensations, where to start etc.	Theory
15.30 - 15.45	Break	
15.45 - 18.00	With supervision, students assess outside patients: case history, hypothesis, movement & palpatory verification, treatment, evaluation of assessment charts.	Practical

Day 6

08.00 - 9.30	Discussion of previous day. Examination	Discussion
9.30 – 12.30	With supervision, students assess outside patients: case history, hypothesis, movement & palpatory verification, treatment, evaluation of assessment charts.	Practical
12.30 – 13.30	lunch, celebration and conclusion Students may leave or remain to assess and treat fellow students with supervision	
13.30 -	Students may leave early or remain after lunch for the following. With supervision, students assess fellow students: case history, hypothesis, movement & palpatory verification, treatment, evaluation of assessment charts.	Practical