



OBJECTIVES of SFMA Level 2

1. Explain the concepts of Reset, Reinforce, and Reload and where to integrate them into patient care.
2. Review Local Biomechanical Assessments.
3. Demonstrate mobility treatment effectiveness by retesting movement.
4. Describe motor control learning principles.
5. Demonstrate progression of motor control interventions through neurodevelopmental postures.
6. Describe the concept of pattern assistance and its purpose in motor control learning.

SFMA Level 2 COURSE SCHEDULE

Day 1:

9:00 am – 9:15 am	Introduction and updates on SFMA
9:15 am – 10:00 am	Local Biomechanical Assessment Flow Chart Lecture
10:00 am – 10:30 am	Knee Local Biomechanical Assessment review and lab
10:30 am – 10:45 am	Break
10:45 am – 11:15 am	Hip Local Biomechanical Assessment review and lab
11:15 am – 12:00 pm	3 R's Lecture and Motor Learning Principles
12:00 pm – 12:30 pm	Group demonstration and Lab: Rolling
12:30 pm – 1:30 pm	LUNCH
1:30 pm – 2:30 pm	Group demonstration and Lab: Multi-Segmental Flexion 4x4 Matrix <ul style="list-style-type: none">- Spine Flexion- Hip Flexion
2:30 pm – 3:15 pm	Thorax Local Biomechanical Assessment review and lab
3:15 pm – 3:45 pm	Break
3:45 pm – 4:30 pm	Spine Local Biomechanical Assessment review
4:30 pm – 6:00 pm	Group demonstration and Lab: Multi-Segmental Extension 4x4 Matrix <ul style="list-style-type: none">- Thorax Extension/Rotation- Hip Extension- Shoulder Flexion

Day 2:

8:00 am – 9:00 am	Group Demonstration and Lab: Multi-Segmental Rotation 4x4 Matrix <ul style="list-style-type: none">- Thorax Extension/Rotation- Hip Rotation- Tibial Rotation
9:00 am – 10:00 am	Cervical Spine Local Biomechanical Assessment review and lab
10:00 am – 10:15 am	Break
10:15 am – 11:15 am	Group Demonstration and Lab: Cervical Patterns
11:15 am – 12:00 pm	Ankle Local Biomechanical Assessment review and lab
12:00 pm – 1:00 pm	LUNCH
1:00 pm – 2:00 pm	Group Demonstration and Lab: Squat Patterns 4x4 Matrix
2:00 pm – 3:00 pm	Group Demonstration and Lab: Single-Leg Stance 4x4 Matrix
3:00 pm – 3:15 pm	Break
3:15 pm – 3:45 pm	Shoulder Local Biomechanical Assessment review and lab
3:45 pm – 4:30 pm	Group Demonstration and Lab: Upper Extremity Patterns
4:30 pm – 5:00 pm	Conclusions and Questions