



OBJECTIVES of SFMA Level 1

1. Accurately describe the importance of identifying dysfunctional movement patterns.
2. Understand the importance of pain provocation during the examination process and list two ways in which pain alters motor control.
3. Correctly identify typical movement pattern dysfunctions within a reasonable amount of time through the use of video and live case examples.
4. Independently and competently perform a complete SFMA evaluation and all portions of the breakouts derived from the base tests in a reasonable amount of time.
5. Independently analyze the information gained from the SFMA base screen and breakouts on a model patient to correctly identify the key impairments in order to establish a diagnosis.
6. Link the assessment information to the initial therapeutic strategy and initiate the most appropriate treatment interventions (manual therapy and functional exercise) into the traditional rehabilitation program to normalize dysfunctional movement.

SFMA Level 1 COURSE SCHEDULE

Day 1

| | |
|---------------------|---|
| 8:00 am – 8:15 am | Introduction |
| 8:15 am – 10:15 am | SFMA History and development/Regional Interdependence/Altered Motor Control/Neurodevelopmental Perspective |
| 10:15 am – 10:30 am | Break |
| 10:30 am – 11:15 am | SFMA Lecture/Lab – SFMA Top Tier |
| 11:15 am – 12:00 pm | SFMA Lecture – SFMA Breakout Logic and Demonstrations |
| 12:00 pm – 1:00 pm | LUNCH |
| 1:00 pm – 5:00 pm | SFMA Breakout Lecture/Lab <ul style="list-style-type: none">- Cervical Patterns- Overhead Deep Squat Pattern- Rolling Patterns- Upper Extremity Patterns- Multi-Segmental Flexion Pattern |

Day 2

| | |
|--------------------|--|
| 8:00 am – 8:15 am | Questions from Day 1 Material |
| 8:15 am – 12:00 pm | SFMA Breakout Lecture/Lab <ul style="list-style-type: none">- Multi-Segmental Extension Pattern- Multi-Segmental Rotation Pattern- Single Leg Stance Pattern |
| 12:00 pm – 1:00 pm | LUNCH |
| 1:00 pm – 2:45 pm | Neurodevelopmental Progression/ 4x4 Matrix Lecture/Lab |
| 2:45 pm – 3:00 pm | Break |
| 3:00 pm – 4:30 pm | Putting it all together – Demonstrations and Case Studies |
| 4:30 pm – 5:00 pm | Questions/Conclusions |