

SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

Programma:

DAG 1

- 12:00 - 12:30** Registration and Check In
12:30 - 13:30 **Introduction**
Background / Philosophy
Key Concepts:
- Neuro-development Perspective
- Pain and Motor Control
- High Threshold Strategy
- Regional Interdependence
- 13:30 - 15:00** **SFMA Lecture / Lab**
- "The Big 7"
- Seven Fundamental Movement Tests
- 15:00 - 15:15** Break
- 15:15 - 17:00** **Flexion Breakout lecture/lab**
Flexion Breakout Intervention
lecture/lab
- 17:00 - 18:00** **Extension lecture/lab**

DAG 2

- 08:00 - 09:30** **Extension Intervention lecture/lab**
09:30 - 10:30 **SFMA round robins (lab)**
- 10:30 - 10:45** Break
- 10:45 - 12:00** **Rotation breakout lecture/lab**
- 12:00 - 13:00** Lunch
- 13:00 - 14:00** **Rotation intervention lecture/lab**
14:00 - 14:30 **Single Leg Stance Interventions**
14:30 - 15:30 **Squat Breakout and Intervention**
lecture/lab
- 15:30 - 15:45** Break
- 15:45 - 16:00** **SFMA Application Pearls**
FMS vs. SFMA
- Mobility vs. Stability
- "Don't Chase Pain"
- Comparable Sign
- Case Study
- 16:00 - 17:30** **Assessment and Treatment**
Planning Lab
With Class Case Presentation and
Intervention Demonstration