



SFMA Level 2 Virtual Certification COURSE SCHEDULE

10:00 a.m. – 10:15 a.m.	Introduction
10:15 a.m. – 10:45 a.m.	Mobility lecture
10:45 a.m. – 11:00 a.m.	Knee/Hip LBE
11:00 a.m. – 11:45 a.m.	3 R's review, review of MC principles, 4x4 principles
11:45 a.m. – 11:50 a.m.	5-minute Break
11:50 a.m. – 12: 30 p.m.	Rolling MC Demonstration
12: 30 p.m. – 1:00 p.m.	Spine Flexion MC demonstration
1:00 p.m. – 1:30 p.m.	Hip Flexion MC demonstration
1:30 p.m. – 2:00 p.m.	Thorax/Lumbar LBE
2:00 p.m. – 2:30 p.m.	30 Minute Break
2:30 p.m. – 3:00 p.m.	Spine Extension MC demo
3:00 p.m. – 3:15 p.m.	Hip Extension MC demo
3:15 p.m. – 3:30 p.m.	Spine Rotation MC demo
3:30 p.m. – 3:50 p.m.	Hip Rotation/tibial rotation MD Demo
3:50 p.m. – 4:00 p.m.	Cervical LBE
4:00 p.m. – 4:05 p.m.	5-minute break
4:05 p.m. –4:20 p.m.	Cervical MC demo
4:20 p.m. – 4:35 p.m.	Ankle LBE
4:35 p.m. – 4:50 p.m.	Squatting MC demo
4:50 p.m. – 5:05 p.m.	SLS MC demo
5:05 p.m. – 5:25 p.m.	Shoulder LBE
5:25 p.m. – 5:50 p.m.	Shoulder MC demo
5:50 p.m. – 6:00 p.m.	Closing remarks
6:00 p.m.	Dismissal