



## OBJECTIVES of SFMA Level 1

1. List the seven top tier tests of the SFMA and identify the criteria for rating each test as functional or dysfunctional
2. Describe the significance of pain provocation during the examination process and list two ways in which pain alters normal motor control
3. Distinguish functional and dysfunctional movement patterns when observing video case examples
4. Perform a complete SFMA evaluation and all portions of the breakout
5. Analyze the results of the SFMA to correctly identify and prioritize the physical impairments for treatment planning
6. Design a rehabilitation intervention program to address the SFMA key findings
7. Evaluate the effectiveness of the rehabilitation intervention by comparing the results of the SFMA re-assessment

## SFMA Level 1 COURSE SCHEDULE

### Day 1:

8:00am – 8:15 am	Introduction
8:15 am – 10:15am	SFMA History and development/Regional Interdependence/Altered Motor Control/Neurodevelopmental Perspective
10:15am – 10:30am	Break
10:30am – 11:15am	SFMA Lecture/Lab – SFMA Top Tier
11:15am – 12:00pm	SFMA Lecture – SFMA Breakout Logic and Demonstrations
12:00pm – 1:00pm	LUNCH
1:00pm – 2:30pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none"><li>- Multi-Segmental Flexion</li><li>- Multi-Segmental Extension</li></ul>
2:30pm – 2:45pm	Break
2:45pm – 5:00pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none"><li>- Multi-Segmental Extension (cont'd)</li><li>- Cervical Patterns</li></ul>

### Day 2:

8:00am – 8:15am	Questions from Day 1 Material
8:15am – 10:00pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none"><li>- Single Leg Stance</li><li>- Upper Extremity Patterns</li></ul>
10:00am – 10:15am	Break
10:15am – 12:00pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none"><li>- Multi-Segmental Rotation Pattern</li><li>- Overhead Deep Squat</li></ul>
12:00pm – 1:00pm	LUNCH
1:00pm – 3:00pm	3 R's <ul style="list-style-type: none"><li>- Neurodevelopmental Sequence</li><li>- Rolling</li><li>- 4 x 4 Matrix Demonstration</li></ul>
3:00pm – 3:15pm	Break
3:15pm – 4:30pm	Putting it all together – Demonstrations and Case Studies
4:30pm – 5:00pm	Questions/Conclusions