

SFMA Level 2 Virtual Certification Course Schedule

11:00 a.m. – 11:15 a.m. Introduction

11:15 a.m. – 11:45 a.m. Mobility lecture

11:45 a.m. – 12:00 a.m. Knee/Hip LBE

12:00 a.m. – 12:45 a.m. 3 R's review, review of MC principles, 4x4 principles

12:45 a.m. – 12:50 a.m. 5-minute Break

12:50 a.m. – 1: 30 p.m. Rolling MC Demonstration

1: 30 p.m. – 2:00 p.m. Spine Flexion MC demonstration

2:00 p.m. – 2:30 p.m. Hip Flexion MC demonstration

2:30 p.m. – 3:00 p.m. Thorax/Lumbar LBE

3:00 p.m. – 3:30 p.m. 30 Minute Break

3:30 p.m. – 4:00 p.m. Spine Extension MC demo

4:00 p.m. – 4:15 p.m. Hip Extension MC demo

4:15 p.m. – 4:30 p.m. Spine Rotation MC demo

4:30 p.m. – 4:50 p.m. Hip Rotation/tibial rotation MD Demo

4:50 p.m. – 5:00 p.m. Cervical LBE

5:00 p.m. – 5:05 p.m. 5-minute break

5:05 p.m. –5:20 p.m. Cervical MC demo

5:20 p.m. – 5:35 p.m. Ankle LBE

5:35 p.m. – 5:50 p.m. Squatting MC demo

5:50 p.m. – 6:05 p.m. SLS MC demo

6:05 p.m. – 6:25 p.m. Shoulder LBE

6:25 p.m. – 6:50 p.m. Shoulder MC demo

6:50 p.m. – 7:00 p.m. Closing remarks

7:00 p.m. Dismissal