



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:

9:00 am – 9:15 am	Introduction
9:15 am – 10:15am	SFMA History and development/Regional Interdependence/Altered Motor Control/Neurodevelopmental Perspective
10:15am – 10:30am	Break
10:30am – 12:00 pm	SFMA Lecture/Lab – SFMA Top Tier
12:00pm – 12:30pm	SFMA Lecture – SFMA Breakout Logic and Demonstrations
12:30pm – 1:30pm	LUNCH
1:30pm – 3:00pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none">- Multi-Segmental Flexion Pattern- Multi-Segmental Extension Pattern
3:00pm – 3:15pm	Break
3:15pm – 5:00pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none">- Multi-Segmental Rotation Pattern- Cervical Patterns
5:00pm – 5:45pm	SFMA review lab with partner
5:45pm – 6:00pm	Questions

Day 2:

8:00am – 8:15am	Questions from Day 1 Material
8:15am – 9:00 am	Lab Review for SFMA Top Tier – Round Robin
9:15am – 10:00pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none">- Upper Extremity Pattern 1 and 2
10:00am – 10:15am	Break
10:15am – 12:00pm	SFMA Breakout Lecture/Lab <ul style="list-style-type: none">- Single Leg Stance Pattern- Arms Down Deep Squat Pattern
12:00pm – 1:00pm	LUNCH
1:00pm – 2:00pm	SFMA review lab with partner
2:00pm – 3:30pm	3 R's <ul style="list-style-type: none">- Neurodevelopmental Sequence- Rolling- 4 x 4 Matrix Demonstration
3:30pm – 3:45pm	Break

3:45pm - 4:30pm
4:30pm - 5:00pm

Putting it all together - Demonstrations and Case Studies
Questions/Conclusions