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 – 10:15 am  SFMA History and development/Regional Interdependence/Altered Motor Control/Neurodevelopmental Perspective
10:15 am – 10:30 am  Break
10:30 am – 12:00 pm  SFMA Lecture/Lab – SFMA Top Tier
12:00 pm – 12:30 pm  SFMA Lecture – SFMA Breakout Logic and Demonstrations
12:30 pm – 1:30 pm  LUNCH
1:30 pm – 3:00 pm  SFMA Breakout Lecture/Lab
  - Multi-Segmental Flexion Pattern
  - Multi-Segmental Extension Pattern
3:00 pm – 3:15 pm  Break
3:15 pm – 5:00 pm  SFMA Breakout Lecture/Lab
  - Multi-Segmental Rotation Pattern
  - Cervical Patterns
5:00 pm – 5:45 pm  SFMA review lab with partner
5:45 pm – 6:00 pm  Questions

**Day 2:**
8:00 am – 8:15 am  Questions from Day 1 Material
8:15 am – 9:00 am  Lab Review for SFMA Top Tier – Round Robin
9:15 am – 10:00 am  SFMA Breakout Lecture/Lab
  - Upper Extremity Pattern 1 and 2
10:00 am – 10:15 am  Break
10:15 am – 12:00 pm  SFMA Breakout Lecture/Lab
  - Single Leg Stance Pattern
  - Arms Down Deep Squat Pattern
12:00 pm – 1:00 pm  LUNCH
1:00 pm – 2:00 pm  SFMA review lab with partner
2:00 pm – 3:30 pm  3 R’s
  - Neurodevelopmental Sequence
  - Rolling
  - 4 x 4 Matrix Demonstration
3:30 pm – 3:45 pm  Break
3:45pm - 4:30pm  Putting it all together – Demonstrations and Case Studies
4:30pm - 5:00pm  Questions/Conclusions