OBJECTIVES of SFMA Level 2
1. Explain the concepts of Reset, Reinforce, and Reload and where to integrate them into patient care.
2. Review Local Biomechanical Assessments.
3. Demonstrate mobility treatment effectiveness by retesting movement.
4. Describe motor control learning principles.
5. Demonstrate progression of motor control interventions through neurodevelopmental postures.
6. Describe the concept of pattern assistance and its purpose in motor control learning.

SFMA Level 2 COURSE SCHEDULE

Day 1:
9:00am – 9:30am Introduction and updates on SFMA
9:30am – 10:30am The 3 R’s (Reset, Reinforce, Reload) Lecture
10:30am – 10:45am Break
10:45am – 11:30am Motor Control Lecture
11:30am – 12:00pm Cervical Spine Local Biomechanical Assessment review
12:00pm – 1:00pm LUNCH
1:00pm – 2:00pm Group demonstration and Lab: Cervical Patterns 4x4 Matrix
2:00pm – 3:00pm Group demonstration and Lab: Multi-Segmental Flexion 4x4 Matrix
- Spine Flexion
- Hip Flexion
3:30pm – 3:45pm Break
3:45pm – 4:30pm Thorax Local Biomechanical Assessment review
4:30pm – 6:00pm Group demonstration and Lab: Multi-Segmental Extension 4x4 Matrix
- Thorax Extension/Rotation
- Hip Extension
- Shoulder Flexion

Day 2:
8:00am – 8:30am Ankle Local Biomechanical Assessment review
8:30am – 9:45am Group demonstration and Lab: Squat 4 x 4 Matrix
9:45am – 10:00am Break
10:00am – 10:45am Hip Local Biomechanical Assessment review
10:45am – 12:15pm Group Demonstration and Lab: Multi-Segmental Rotation 4x4 Matrix
- Thorax Extension/Rotation
- Hip Rotation
- Tibial Rotation
12:15pm – 1:15pm LUNCH
1:15pm – 2:30pm Group Demonstration and Lab: Upper Extremity Patterns 4x4 Matrix
2:30pm – 2:45pm Break
2:45pm – 3:45pm Group Demonstration and Lab: Single-Leg Stance 4x4 Matrix
3:45pm – 4:30pm Group Demonstration and Lab: Breathing Lab
4:30pm – 5:00pm Conclusion and Questions