



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 – 9:30 am	Introduction and updates on SFMA
9:30 am – 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 – 3:30pm	Group demonstration and Lab: Multi-Segmental Flexion 4x4 Matrix <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - Thorax Extension/Rotation - Hip Extension - Shoulder Flexion

Day 2:

8:00am – 8:30am	Ankle Local Biomechanical Assessment review
8:30am – 9:45pm	Group demonstration and Lab: Squat 4 x 4 Matrix
9:45am – 10:00am	Break
10:00am – 10:45pm	Hip Local Biomechanical Assessment review
10:45am – 12:15pm	Group Demonstration and Lab: Multi-Segmental Rotation 4x4 Matrix <ul style="list-style-type: none"> - 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
2:20pm – 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