

# FASCIAL MANIPULATION® LEVEL I HYBRID

## PROGRAM Level 1A ON-LINE

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Welcome	Prof Antonio Stecco
<b>STUDY ROOM: ANATOMY</b>	
Introduction	Prof Antonio Stecco
Fascial anatomy: The superficial fascia	Prof Carla Stecco
Muscular fasciae: gross anatomy	Prof Carla Stecco
The deep fascia: microscopic anatomy	Prof Carla Stecco
Anatomy of fasciae: the epimysial fascia	Prof Carla Stecco
Deep fascial Innervation	Prof Carla Stecco
20 multiple choice questions	
<b>STUDY ROOM: BASIC SCIENCE</b>	
Physiology of the fascia	Prof Antonio Stecco
Biomechanical model in Fascial Manipulation®	Prof Antonio Stecco
Fascial Manipulation® assessment chart	Prof Antonio Stecco
Basic logics in fascial manipulation	Prof Antonio Stecco
Fascial Manipulation® case report	Prof Antonio Stecco
20 multiple choice questions	
<b>STUDY ROOM: CLINICAL SCIENCE</b>	
Sequence of Antemotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Antemotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Retromotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Retromotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Lateromotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Lateromotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Mediomotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Mediomotion: palpation and treatment positions	Prof Antonio Stecco

Sequence of Extramotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Extramotion: palpation and treatment positions	Prof Antonio Stecco
Sequence of Intramotion: localization Center of Coordination an perception with motor units involved	Prof Carla Stecco Prof Antonio Stecco
Sequence of Intramotion: palpation and treatment positions	Prof Antonio Stecco
Movement verifications of all the body segments	Prof Antonio Stecco
20 multiple choice questions	
Webinar Q&A	

**FASCIAL MANIPULATION ®**  
**PROGRAM Level 1B ON-SITE**

**Day 1**

08.30-09.45	Review of the basic principles: Fascial Manipulation®	Theory
09.45-10.30	Sequence extrarotation: head and trunk Presentation, demonstration of centers of coordination, position of treatment	Practical
10.30-10.45	Break	
10.45-11.30	Sequences of extrarotation: lower limb Presentation, demonstration of centers of coordination, position of treatment	Practical
11.30-12.15	Sequences of extrarotation: upper limb Presentation, demonstration of centers of coordination, position of treatment	Practical
12.15-13.00	Sequence of intrarotation: head and trunk Presentation, demonstration of centers of coordination, position of treatment	Practical
13.00-14.00	Lunch	
14.00-15.00	Sequence of intrarotation: lower limb Presentation, demonstration of centers of coordination, position of treatment	Practical
15.00-16.00	Sequence of intrarotation: upper limb Presentation, demonstration of centers of coordination, position of treatment	Practical
16.00 - 16.15	Break	
16.15-18.00	Explanation of the Movement Verification principles. Movement Verification of the Head and Trunk, Lower limb	Theory/Demo

**Day 2**

08.30-09.30	Movement Verification of the Upper Limb	Theory/Demo
09.30-10.30	Revision of the CCs of the head and trunk	Practical
10.30-10.45	Break	
10.45-13.00	Revision of the CCs of the lower limb	Practical
13.00-14.00	Lunch	
14.00-16.00	Treatment Strategies: proximal-distal compensation, agonist-antagonist, silent points, latent points, global compensations in the trunk.	Theory
16.00-16.15	Break	
16.15-17.30	Revision of the CCs of the upper limb	Practical
17.30-18.00	Compilation of assessment chart by students: hypothesis, movement tests, palpatory verification, and treatment	Group work Demonstration and discussion

**Day 3**

08.30-09.30	Presentation and discussion of chart by students	Discussion
09.30-10.30	Treatment of the participants with supervision	Practical
10.30-10.45	Break	
10.45-13.00	Discussion of the treatments performed by the students	Discussion
13.00-14.00	Lunch	
14.00-16.00	Treatment of a patient/student by participants (2 participants one subject) with supervision	Practical
16.00-16.15	Break	
16.15-17.30	Evaluation of the assessment chart of the patients	Evaluation
17.30-18.00	Exam Conclusion	

This program may be subject to changes according to organizational requirements