

Program F.I.T. course Iceland Level 2 February 2022



Day 1:

- 09.00 - 09.45 Refresh pathology
- 09.45 – 10.45 Fascia Function Assessment
- 10.45 – 11.00 break
- 11.00 – 12.30 Instrument Assisted Soft Tissue Mobilisation (IASTM)
- 12.30 - 13.00 lunch
- 13.00 – 13.45 pathology low back
- 13.45 – 15.00 manual techniques low back
- 15.00 - 15.15 break
- 15.15 – 17.00 manual techniques low back

Day 2:

- 09.00 – 09.45 dynamic alignment
- 10.00 – 10.45 manual techniques low back
- 10.45 – 11.00 break
- 11.00 - 12.30 manual techniques low back
- 12.30 - 13.00 lunch
- 13.00 – 14.00 Pathology pelvis
- 13.45 – 15.00 manual techniques pelvis
- 15.00 - 15.15 break
- 15.15 –17.00 manual techniques pelvis

Day 3: shoulder and arm and fascia training

- 09.00 - 09.30 pathology legs
- 09.30 – 10.00 tendinopathies legs
- 10.00 - 10.45 manual techniques legs
- 10.45 – 11.00 break
- 11.00 – 12.30 Clinical reasoning - treatment video
- 12.30 - 13.00 lunch
- 13.00 - 14.45 manual techniques legs
- 14.45 - 15.00 break
- 15.00 – 17.00 from test to training

