

2-Day Fascia Dissection & Hands-On Coaching Course

Offered on August 16th & 17th

Day 1

8:30am -9:00 am welcome and 1-hour presentation from Dr. Findley - Fascia Overview

9:00am - 12:00pm - in Lab with Todd and Dr. Findley

- Foot & Ankle & Lower Leg
- Ligamentous and Fascia Structures
- Fascia pockets in heel
- Plater surface of foot
- Calf / heel relationship

12:00pm - 1:00pm - Catered lunch

1:00pm-1:45pm - Fascia Structure & Function

1:45pm -3:15pm - In Lab with Todd and Michol

- Thigh & Hip Anatomy
- Fascia Latte
- Profundus
- Fascia Compartments of thigh
- Hydraulic Amplification
- Nerve
- Artery
- Vein
- Lymph
- Fascia Inguinal Anatomy & function (groin injuries)

3:15pm - 3:30pm Travel to local fitness facility

3:30pm - 5:00pm – Hands-On Application

Day 2

8:30am -9:00 Q&A with Dr. Findley & Todd

Lecture - Fascia & Elite Performance

9:00am - 12:00pm - in Lab with Todd and Michol –

- Continue Hip Complex - six lateral rotators
- Core Anatomy - Reproductive diaphragm,
- layers of muscle fascia in core
- Thoracolumbar fascia

12:00pm - 1:00pm – Catered lunch

1:00pm - 3:00pm -

- Core - Deep Abdominal Structure
- Spinal Ligaments - Hydraulic Amplification
- Omentum
- Intestines
- Pelvic Floor
- Respiratory Diaphragm into thoracic cavity
- Central Tendon
- Paracardium

3:00pm - 3:15pm - Travel to local fitness facility

3:15-pm -5:00pm Hands-On Application