



MODULE 1 – CONFIDENCE AND CREDIBILITY – 2H 46m

Welcome

- Welcome (video) 15m
- Confidence, efficiency, results (video) 6m

Course overview

- A word on Terminology 7m
- Caveat - Aren't TrPs out of date? 11m
- Course overview (tutorial) 5m

Assessment and Deduction 1

- Rationale and References 6m
- FNFT treatment model – Survey, Assessment, Treatment, Deduction (video) 17m
- FFNT treatment model – Survey, Assessment, Treatment, Deduction (tutorial) 12m
- Stiffness is pain – problem solving gold (tutorial) 11m
- Research Review 1 – ROM not due to structure 15m
- Research Review 2 – Stiffness is protective 19m

Survey and Demonstration – Knee and Groin

- Groin pain (video) 4m
- Anterior knee pain (video) 8m
- Posterior knee pain (video) 5m

Make it Happen

- Start here – manipulation demonstration and practice (video) 6m
- Action steps (tutorial) 5m

Reading

- Stiffness is pain – part 1 (PDF) 7m
- Stiffness is pain – part 2 (PDF) 7m

MODULE 2 – IT'S ALL ABOUT RESULTS – 2H 09m

Welcome

- Welcome and review (video) 7m
- Confidence, results and rebooking (video) 12m

Assessment and Deduction 2

- Cross fibre manipulation (video) 4m
- Cross fibre manipulation – discussion and rationale (tutorial) 10m
- Give them the map – partnering with your patient for permanent results (tutorial) 8m
- The 7-day rule – The secret to lasting results (tutorial) 10m
- Follow up is everything (tutorial) 8m

Survey and Demonstration – Lower Back

- Proximal lower back pain – Last rib to PSIS (video) 11m
- Mid lower back pain – PSIS to coccyx (video) 7m
- Distal lower back pain – Coccyx to gluteal fold (video) 5m
- Deep front line – Myers (tutorial) 10m
- Problem solving basics (tutorial) 13m

Make it Happen

- Action steps (tutorial) 3m

Reading

- Cross fibre manipulation – part 1 (PDF) 7m
- Cross fibre manipulation – part 2 (PDF) 7m
- The 7-day rule (PDF) 7m

MODULE 3 – FAILURE – 2H 38m

Welcome

- Welcome and review (video) 3m
- Failure (video) 8m
- The 7-day rule – What to do when it doesn't work (tutorial) 11m

Assessment and Deduction 3

- Micro and macro feel (video) 6m
- Micro and macro feel – rationale (tutorial) 17m
- Research Review 3 – What are we feeling? 24m

Survey and Demonstration – Lower limb

- Calf, Achilles and heel pain (video) 5m
- Ankle pain (video) 4m
- Foot and toe pain (video) 4m
- CASE STUDY – Putting it all together. Hip, groin, lower back case study. 29m

Make it Happen

- Action steps (tutorial) 2m

Reading

- Micro and macro (PDF) 7m

Application examples and bonus material

- Live Demo - neck, knee, peroneal 22m
- Live Demo - GT and L5 16m

MODULE 4 – BE THE GURU – 1H 54m

Welcome

- Welcome and review (video) 4m
- Be the guru – part 1 (video) 8m

Assessment and Deduction 4

- Frozen shoulder (video) 6m
- Cooperate with the body (tutorial) 9m
- Biomechanics – cooperating with the body's healing response (tutorial) 9m
- Problem solving intermediate (tutorial) 13m

Survey and Demonstration – Shoulder, elbow and forearm

- Anterior shoulder pain (video) 5m
- Posterior shoulder pain (video) 3m
- Elbow pain (video) 7m
- Wrist and hand pain (video) 2m
- Thumb pain (video) 3m
- Finger pain (video) 2m

Make it Happen

- Action steps (tutorial) 3m

Reading

- Cooperate with the body (PDF) 7m

Application examples and bonus material

- Live Demo - Lateral epicondylagia 6m
- Scapulo costal instability 6m
- Expand your brain. 21m

MODULE 5 – HEADACHES ... NO MORE – 1H 57m

Welcome

- Welcome and review (video) 5m
- Be the guru – part 2 (video) 11m
- Why we do what we do (video) 2m

Assessment and Deduction 5

- Upper trapezius – manipulation demonstration and practice (video) 13m
- Migraine and pseudo migraine (tutorial) 18m
- Problem solving advanced (tutorial) 6m

Survey and Demonstration – Neck and head

- Lower neck pain (video) 6m
- Upper neck pain (video) 4m
- Head and jaw pain (video) 12m

Make it Happen

- Action steps (tutorial) 3m

Reading

- Follow the Pain (PDF) 7m

Application examples and bonus material

- Live Demo - acute C7480 14m
- Survey and assessment - Visceral complaints. 10m
- Survey and assessment - Breathing and asthma. 6m

MODULE 6 – MANIPULATION MAGIC – 2H 19m

Welcome

- Welcome and review (video) 7m
- Massage and Myotherapy – What's the difference (video) 11m

Assessment and Deduction 6

- Is myofascial dysfunction intentional or accidental – And does it matter? (tutorial) 10m
- Integrating ideas – trying to make sense of myofascial physiology (tutorial) 8m
- Exercise Prescription and other modalities 20m
- Research Review 4 – Why is FNFT so fast? 18m

Survey and Demonstration

- Upper back pain (video) 6m
- Torso pain (video) 8m
- CASE STUDY – Putting it all together. Neck, head and arm case study (video) 26m

Make it Happen

- Action Steps (tutorial) 6m
- Personal, patient and financial success 4m

Reading

- Is myofascial dysfunction intentional – part 1 (PDF) 7m
- Is myofascial dysfunction intentional – part 2 (PDF) 7m
- References and Hyperlinks
