



STRUCTURE & FUNCTION EDUCATION

Introduction to Fascia: Basics for Therapy Providers - Home Study

I. Welcome

- a. Video: Welcome Message from Instructor
- b. Video: How to Use this Course
- c. Survey: Before We Begin (goals, experience, roadblocks)
- d. Video: Introduction to Dry Needling for Pain (3 minutes)

II. Module 1: Fascial Organization and Structure

Students will learn:

- The organization of anatomic layers of fascia
- Differences in the superficial and deep fascia
- Main lines of connection between superficial and deep fascia
- The mechanical, nervous and muscular functions of fascia

III. Module 2: Fascial Organization and Structure

Students will learn:

- Fascial structure relative to the movement
- Superficial Fascia and its functions
- Deep Fascia and its functions
- Proprioceptive and motor sensations from fascial structures
- How fascia aids in the coordination of movement

IV. Module 3: Fascia and Tensegrity

Students will learn:

- Principles of Tensegrity
- Introduce the concepts of biotensegrity
- Fascia and its role in biotensegrity
 - Providing tension
 - Communication within system
- How does fascial dysfunction lead to changes in the organism

V. Module 4: Hyaluronan and Fascia

Students will learn:

- Fascial Viscoelasticity
- Hyaluronan and its role in viscoelasticity
- Fascial thickness and fascial dysfunction
- Young's modulus changes in fascia

VI. Conclusions

a. Watch: Conclusion (1 minute)

Quiz: Students will learn:

b. (15 Questions)

c. Survey: Course Evaluation