SOMATIC MOVEMENT CENTER

SMC® CEI LEVEL 3 COURSE OUTLINE

Section 1
Academic Material: Working with Functional Disorders: Tendinitis/Tendinosis & Bursitis
Exercises: Standing Hamstring Release and Seated Hamstring Release

Section 2
Academic Material: Working with Functional Disorders: Plantar Fasciitis, Knee Pain, & Shin Splints
Exercises: Foot Exercises and Shin Release

Section 3
Academic Material: Working with Functional Disorders: Frozen Shoulder & Thoracic Outlet Syndrome
Exercises: Shoulder Directions and Hip Directions

Section 4
Academic Material: Working with Functional Disorders: Carpal Tunnel Syndrome, De Quervain's Tenosynovitis, Tennis Elbow & Golfer's Elbow
Exercises: Shoulder, Elbow, Wrist & Hand Releases

Section 5
Academic Material: Working with Functional Disorders: Neck Pain & Whiplash
Exercises: Head Lifts and Head & Knee Lifts

Section 6
Academic Material: Working with Functional Disorders: Temporomandibular Joint Pain & Shallow Breathing
Exercises: Face & Jaw Exercises and Breathing Exercises

Section 7
Academic Material: Osteoarthritis, and Joint Hypermobility
Exercises: Big X and Inversion & Eversion

Section 8
Academic Material: Working with Trauma Sufferers, and Painful Autoimmune Conditions
Exercise: Pelvic Clock

Section 9
Academic Material: Fibromyalgia, Chronic Fatigue Syndrome, and AMPS
Exercise: Steeple Movement

Section 10
Academic Material: Neurological Movement Disorders
Exercise: Seated Twist

© 2020 Somatic Movement Center