

## 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 Exercises: Steeple Movement
Section 10	Academic Material: Neurological Movement Disorders Exercises: Seated Twist