

**American Fascial Distortion Model Association (AFDMA)**  
**Introduction to the FDM**  
**FDM Module 2**  
*Schedule Subject to Change*

[Virtual Introduction made available on Thinkific learning platform.](#)  
[A four-hour virtual introduction available and required prior to Day 1 in person.](#)

**Day 1**

8:00 – 8:30 AM	General Treatment of Fascial Distortions - Theory - TB
8:30 – 9:00 AM	Hands-on Treatment of TB's
9:00 – 9:30 AM	General Treatment of HTP's
9:30 – 10:00 AM	Hands on Treatment of HTP's
10:00 – 10:30 AM	General Treatment of Fascial Distortions – Theory – CD
10:30 – 11:00 AM	Hands-on Treatment of CD's
11:00 – 12:00 AM	Treatment Demo
12:00 – 1:00	Lunch
1:00 – 1:30 PM	General Treatment of FD/inversion Theory
1:30 – 2:00 PM	Hands-On Treatment of FD
2:00 – 2:30 PM	General Treatment– Theory – CyD and TF
2:30 – 3:00 PM	Hands-on Treatment of CyD and TF
3:00 - 3:45 PM	Diagnosis and Treatment of the Lumbar Spine
3:45 - 4:30 PM	Hands-on Treatment of the Lumbar Spine
4:30 - 5:00 PM	Treatment Demo – time with inversion equipment

**Day 2**

8:00 - 8:45 AM	Diagnosis and Treatment of the Thoracic Spine
8:45 - 9:45 AM	Hands on Treatment of the Thoracic Spine
9:45 -10:30 AM	Diagnosis and Treatment of Cervical spine
10:30 –11:30 AM	Hands on Treatment of Cervical Spine
11:30 - 12:00 PM	Treatment demo
12:00–1:00 PM	Lunch
1:00 – 2:00 PM	Diagnosis and Treatment of the Pelvis and Sacrum
2:00 – 2:45 PM	Hands-on Treatment of the Pelvis and Sacrum
2:45 - 3:30 PM	FDM treatment of Hip Theory and Hands-on
3:30 - 4:30PM	Treatment Demo
4:30 - 5:00 PM	The Future of the FDM - Closing comments/questions