

Anatomy In 3 Dimensions Weekend Timeline

Friday	10 min - Introductions
3:00 pm	10 min - housekeeping review of models and clay
4:00 pm	40 min – review of vocabulary, RoM, Boney landmarks
4:00 pm	Connective Tissue -
5:00 pm	Musculature
5:00 pm	Bones, Joints
6:00 pm	Fascial lines
6:00 pm	Break
7:00 pm	Skeleton – cervical, thoracic, lumbar Discs pathology
7:00 pm	Structures of Respiration
8:00 pm	Lumbar Stabilization, Hydraulic Amplifier
8:00 pm	External Rotators
9:00 pm	Hip Flexors
Saturday	Muscles of the Knee and Hip
9:00 am	Knee Joint
10:00 am	
10:00 am	Adductor
11:00 am	
11:00 am	Hip Extensors
12:00 am	
12:00 am	Leg and foot – foot pathology
1:00 pm	Lunch
1:00 pm	Respiratory Muscles – Diaphragm Intercostals
2:00 pm	
2:00 pm	Deep Spinal Stabilizers
3:00 pm	
3:00 pm	Superficial Spinal Musculature and Fascia
4:00 pm	
4:00 pm	Superficial Spinal Musculature and Fascia - cont
5:00 pm	
5:00 pm	Superficial Spinal Musculature and Fascia - cont
6:00 pm	Anterior Abdominal Wall

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Sunday 9:00 am 10:00 am	Pelvic Floor in a cup
10:00 am 11:00 am	Core Synergy and Stabilization
11:00 am 12:00 am	Upper Extremity - Boney Structures Rotator cuff
12:00 am 1:00 pm	Lunch
1:00 pm 2:00 pm	Upper Arm Musculature
2:00 pm 3:00 pm	Anterior and Posterior Superficial Upper Extremity Musculature
3:00 pm 4:00 pm	Cervico Thoracic Musculature
4:00 pm 5:00 pm	Muscular Vectors – Functional Line Lower Arm Musculature
5:00 pm 6:00 pm	Clean up
