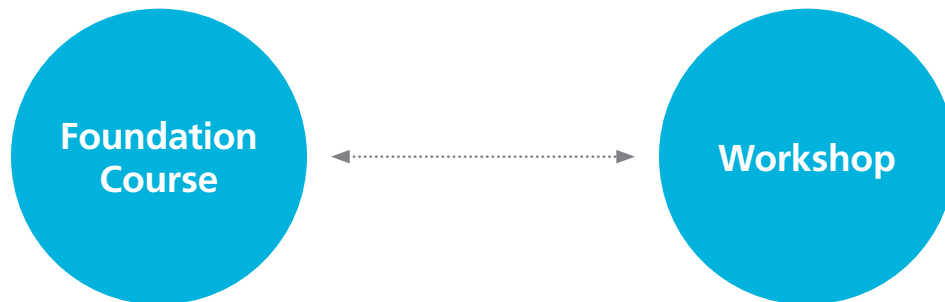


# Merrithew<sup>™</sup> Fascial Movement

## Career Paths



### Foundation Course, Level One

Identify the components of fascia and be able to explain its role and relevance to movement. Articulate the difference between tensegrity and traditional force and lever-based biomechanics. Define and explore Fascial Movement Variables such as Bounce, Sense, Expand & Hydrate.

Upon completion of the Merrithew Fascial Movement Course you can use the term, Trained in Merrithew<sup>™</sup> Fascial Movement.

### Intro to Fascial Movement

This course reviews basic fascial anatomy and identifies the many roles fascia plays within the body and discusses its relevance to movement. Learn how fascia is instrumental in functional daily life, sports performance and post-rehabilitation.