



## **F.S.T Course Outline (updated 2022)**

# **F.S.T -Functional Stretch Therapy**

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### **Module/ Week 1**

- Introduction to stretching
- Physiology of stretching
- Anatomy & physiology
- Lymphatic system
- Functional Assessments
  - Hip complex
  - Trunk
- Static Assessments

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### **Module/ Week 2**

- Lower body techniques / sequence
- Hip Complex anatomy
- Functional assessments

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### **Module/ Week 3**

- Upper body techniques/ sequence
- Functional assessments
- Shoulder Complex anatomy



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### **Module/ Week 4**

- Musculoskeletal pain
- Stretch reflex
  - Golgi Tendon
  - Muscle spindles
- Proprioceptive neuromuscular facilitation (PNF)
- Muscle Energy Technique (MET)
- Functional assessments
- Misalignments (Body balancing)
- Reciprocal Inhibition

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### **Module/ Week 5**

- Kinetic Chain Techniques

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### **Module/ Week 6**

- Full Body sequences
- Practitioner to client modifications
  - Placement
  - Techniques



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## Module/ Week 7

- *Straps*
- *Recap*
- *Hold*
- *Q/A prior to qualifying for tests*

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## Graduating Requirements

1. Accurate orthopaedic assessments
2. Ability to reason the approach & techniques used on certain conditions
3. Explain the sciences, & benefits of F.S.T
4. Able to demonstrate & explain a stretch session
5. Accurately name 3 landmarks from tester
6. Mandatory to independently hold one full session(55 mins) without the clinic supervisor stepping in (7th week)

**Note:** To graduate, all the above requirements **must** be met. There will be three tries before having to go for a recourse.

**Important:** Student clinic is not compulsory, but highly suggested as you get to experience a session with a client & get supervised by current F.S.T practitioners on approaches, modifications, ergonomics. The student clinic enhances your ability to make independent decisions on how to manage your client's sessions accordingly. It has been noted that at least 30 hours of either self directed practise or student clinic is needed to familiarise yourself with the interpretations of the assessments, & the work flow. Per student clinic will cost \$40(55 mins) which is payable to our partnered facility for the course.



## **F.S.T -Functional Stretch Therapy**

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### **Duration/ Length/ Tuition Fee**

- 7 weeks (once weekly)
- 8 hours each session
- \*SGD2,800

\*Price is subjected to change yearly.