# Programme: Fascial Dissection course: 3 dagen Fresh Frozen Fascial Dissection Course

# During this dissection course there will be ample time for the groups to conduct their own projects of interest and explore .

Reception 08:30 - 09:00

DAY 1: (09:00 – 17:30) Subject - Introduction to Fascia - Anatomy of fascia - Physiology of fascia - Dissection ventral side upper extremity, lower extremity, abdomen, thorax.

- Introduction 09:00 – 09:15 o General information and program o General information and rules/expectations in relation to dissection (information on our body donation system) o Discuss participants area of interest

- Lecture 1 by Karl Jacobs 09:15 – 10:00 o Anatomy of fascia

§ Embryology of fascia

§ Histology of fascia

§ Morphology of fascia

Break: coffee: 10:00 – 10:15 o Dissection part 1 10:15 – 12:30 o Ventral approach

§ Skin, subcutaneous layers and superficial fascia

§ Superficial muscles (ventral)

§ Superficial nerves (ventral) § Exploring fascia continuity

§ Discovering myofascial expansions (superficial)

Break: lunch: 12:30 – 13:30

- Lecture 2 13:30 – 14:15 o Physiology of fascia

Dissection part 2 14:15 – 15:30 o Continuation on ventral muscles UE and LE

§ Dissection of the deeper muscles (ventral)

§ Exploring fascia continuity (deep layers)

§ Discovering myofascial expansions (deep)

Break: Drinks and snack: 15:30 – 15:45

Dissection part 3 15:45 – 16:45

Continue dissection deep muscles ventral UE and LE

§ Dissection muscles of the abdomen and thorax

§ Dissection of the joint structures, capsule and ligaments.

§ Exploring fascia continuities

§ Discovering myofascial expansions (deep)

Debriefing day 1: 16:45 – 17:30

DAY 2: (09:00 – 17:30)

Subjects: - Skin and subcutaneous tissue (dorsal) - Dorsal superficial muscles form upper extremity, lower extremity, back and hip/gluteal. - Fascia continuity and its consequences for functional anatomy. - Deep dorsal muscles; UE, LE, thorax back and hip/gluteal. - Clinical relevance of Fascia

Reception: 08:30 - 09:00

- Start of the day 09:00 - 09:15 o Reflection on day 1 o Discuss aims of the day

- Lecture 3 by Karl Jacobs 09:15 – 10:00 o Biomechanics and fascia/functional anatomy

Dissection part 4 10:00 – 11:00 o Last possibility to finish ventral dissections (if needed)

§ Discuss the explored anatomy with group members

§ Discuss the present of fascia continuity

§ Peer teaching: each participant demonstrates his work to the other participants and discuss present anatomical variations.

Break coffee: 11:00 – 11:15

- Dissection part 5 11:15 – 12:30 § Skin and subcutaneous tissue (fascia)(dorsal)

§ Superficial muscles (dorsal)

§ Superficial nerves (dorsal)

§ Explore fascia continuity (dorsal)

§ Discovering myofascial expansions (superficial)

Break lunch: 12:30 – 13:30

- Lecture 4 13:30 – 14:15 o Clinical relevance of Fascia

- Dissection part 6 14:15 – 15:30 o Continuation dissection dorsal muscles UE and LE

§ Dissection deep muscles (dorsal)

§ Explore fascia continuity (dorsal)

§ Discovering myofascial expansions (deep)

Break: Drinks and snack: 15:30 – 15:45

- Dissection part 7 15:15 – 16:45 o Continuation dissection deep muscles UE, LE

§ Dissection muscles of the back and spine

§ Dissection of the joint, capsules and ligaments (dorsal).

§ Demonstration myofascial extensions (back)

§ Discuss the explored anatomy with group members

§ Discuss the present of fascia continuity

§ Peer teaching: each participant demonstrates his work to the other participants and discuss anatomical variations.

Debriefing day 2 16:45 – 17:30

Day 3

* 08.30 – 09.00 Reception
* 09.00 – 09.30 Reflection on day one and two and setting goals for day 3
* 09.30 – 10.00 Lecture by Karl Jacobs
* 10.00 – 11.00 Dissection
* 11.00 – 11.15 Coffee break
* 11.15 – 12.30 Dissection
* 12.30 – 13.30 Lunch
* 13.30 – 14.15 Lecture Myofascial force transmission and clinical implications
* 14.15 – 15.30 Dissection
* 15.30 – 15.45 Break
* 15.45 – 17.00 Dissection and presentation of results of the day
* 17.00 – 17.30 Evaluation, debriefing