

Programme: Intensive full body dissection course: **Discovering fascia.**

DAY 1: (09:00 – 17:00)

Subject

- Introduction to Fascia
- Anatomy of fascia
- Physiology of fascia
- Dissection ventral side upper extremity, lower extremity, abdomen, thorax.

Reception 08:30 - 09:00

- 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 by Jeroen Alessie 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 – 17:00

DAY 2: (09:00 – 17:00)

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
 - Reflection on day 1
 - Discuss aims of the day
- Lecture 3 by Karl Jacobs 09:15 – 10:00
 - Biomechanics and fascia/functional anatomy
- Dissection part 4 10:00 – 11:00
 - 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 by Jeroen Alessie 13:30 – 14:15
 - Clinical relevance of Fascia

- Dissection part 6 14:15 – 15:30
 - 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
 - Continuation dissection deep muscles BE, OE
 - 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 and evaluation of the course 16:45 – 17:00