

The following represents the typical course structure for the 3-day PNF course (20.5 contact hours).

PNF: IMPROVING TRUNK FUNCTION THROUGH DISTAL AND PROXIMAL INPUT

Instructor: Mary Massery, PT, DPT, DSc

COURSE DESCRIPTION:

The purpose of this seminar is to apply the philosophy and treatment concepts of the Proprioceptive Neuromuscular Facilitation (PNF) approach to the neuromuscular and musculoskeletal patient in both pediatric and adult populations. The emphasis of the course will be on refining the participant's handling and problem solving skills through lectures, extensive laboratory sessions, application of PNF to clinical problems, and an on-site patient demonstration.

DAY-1 Topics (7.5 Contact Hours)

<u>Lecture:</u> Introduction PNF philosophy and historical development
<u>Lecture/Demonstration:</u> Activities, Techniques, & Elements (ATE)
<u>Lab 1:</u> UE patterns and selected ATE's
<u>Lab 2:</u> LE patterns and selected ATE's

DAY-2 Topics (7.5 Contact Hours)

Lab 3: UE and LE Patterns: More techniques and elements
Lab 4: Trunk facilitation through bilateral limb patterns
Lab 5: Developmental Activities: supine
Lab 6: Developmental Activities: prone
Patient Demonstration (if possible)

DAY-3 Topics (5.5 Contact Hours)

Review, refine and combine handling skills
Lab 7: Developmental Activities: upright
Problem solving small group session: Designing PNF strategies for real patient cases
Presentation of cases

COURSE OBJECTIVES:

At the conclusion of the course, participants should be able to:

1. Describe the philosophy and historical development of PNF.
2. Demonstrate refinement in their PNF therapeutic handling skills.
3. Expand their treatment planning ideas for patients with neuromuscular and/or musculoskeletal impairments through the use of on-going problem solving in class.
4. Design a PNF-based intervention strategy in small groups for improved trunk function for a specific patient using the concepts presented throughout the course, and present the case back to the class.