

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

# **PNF: REFRESHED!**

## **40 YEARS OF MARY MASSERY TWEAKS**

**Instructor:** Mary Massery, PT, DPT, DSc

### **COURSE DESCRIPTION:**

If all you remember about Proprioceptive Neuromuscular Facilitation (PNF) is random “diagonal patterns,” then this course is for you. PNF can be a powerful approach when the techniques are creatively applied to clinical problems. Dr. Massery’s extensive background in PNF, along with 40 years of clinical refinements, makes her uniquely qualified to teach PNF in today’s evidence-based practice environment. The purpose of this course is to apply current PNF research, philosophy and treatment concepts to pediatric and adult patients with neuromuscular, musculoskeletal, and/or cardiopulmonary conditions. The extensive use of hands-on labs; dissection of functional tasks to facilitate goal-directed movements; use of techniques with specific clinical cases; and a live patient demonstration, will “refresh” PNF for today’s practitioner. Participants will leave with sharpened skills and an abundance of new ideas on the immediate application of PNF to their practice.

### **COURSE OBJECTIVES:**

By 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, musculoskeletal and/or cardiopulmonary impairments via multiple clinical cases, and the inclusion of a live patient demonstration when possible.
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.

**DAY-1 Topics (7.5 Contact Hours)**

<u>Lecture</u> : Introduction of 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