



# 2010 Courses

[posturalrestoration.com](http://posturalrestoration.com)

*Postural  
Restoration  
Institute™*

# 2010 Courses

Myokinematic Restoration.....	page 6
Postural Respiration.....	page 7
*Cervical-Cranio-Mandibular Restoration.....	page 8
*Impingement & Instability.....	page 9
Pelvic Floor Dysfunction.....	page 10
*Advanced Integration.....	page 11
Interdisciplinary Integration.....	page 12
Home Study Courses.....	page 13

*\*Pre-requisite courses apply.*

## our mission

The Postural Restoration Institute (PRI) was established to explore and explain the science of postural adaptations, asymmetrical patterns and the influence of polyarticular chains of muscles on the human body. Our mission is based on the development of an innovative treatment approach that addresses the primary contributions of postural kinematic movement dysfunction.

We are dedicated to clinical education, research and the ongoing search for improved pathways of physical medicine. Together we are creating resources, education opportunities, research, and patient-care programs to assist those who wish to maximize their assessment and treatment skills in the areas of respiration, myokinematics, neuromuscular applications and postural imbalances.

[posturalrestoration.com](http://posturalrestoration.com)  
blog ■ case studies ■ articles ■ interviews ■ certification  
registration ■ CE approval ■ and more!

# audience & accreditation

## Physical Therapists and PT Assistants

The American Physical Therapy Association (APTA) as a national organization does not approve continuing education providers or courses. Rather, state chapters create their own guidelines for course approval. Many states require that PT's and PTA's complete a certain number of continuing education hours in order to retain their licenses; but not all of those states require that the courses themselves be approved. In the states that require approval of CE courses for PT's and PTA's and where PRI is hosting a live course PRI courses are approved yearly. PRI has never been denied for continuing education credit.

PT's and PTA's are eligible to apply for Postural Restoration Certification (PRC).

## Occupational Therapists and OT Assistants

The American Occupational Therapy Association (AOTA) recognizes PRI as an Approved Provider of continuing education. Approval applies to PRI live courses. Please note that the assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



OT's are eligible to apply for Postural Restoration Certification (PRC).

## Athletic Trainers

PRI is recognized by the Board of Certification, Inc (BOC) to offer continuing education for certified athletic trainers (#P2376).

Athletic Trainers who have attended two or more PRI courses are recognized on the PRI website (upon request). Certificates of Completion are awarded to attendees upon the successful completion of each course.



## Strength and Conditioning Coaches

The National Strength and Conditioning Association (NSCA) has approved the following courses for 2010: Myokinematic Restoration, Postural Respiration and Impingement & Instability. These are the PRI courses most beneficial to those designing strength and conditioning programs.



Strength and Conditioning Coaches who have attended two or more PRI courses are recognized on the PRI website (upon request). Certificates of Completion are awarded to attendees upon the successful completion of each course.

## Other Healthcare Professionals

PRI welcomes any interested healthcare professional to attend our courses. Attendees are responsible for following their state statutes regulating their professional practice as they integrate interdisciplinary PRI concepts. The *Interdisciplinary Integration* course is specifically designed to assist with the integration of PRI in fields of dentistry, rehabilitation medicine, optometry, neurology, podiatry, etc. A certificate will be awarded to registrants upon completion of this course or any of the other PRI courses.



# 2010 Calendar

## JANUARY

---

9-10	Chevy Chase, MD	Myokinematic Restoration
9-10	Las Vegas, NV	Postural Respiration
16-17	Shakopee, MN	Cervical-Cranio-Mandibular Restoration
23-24	Lancaster, PA	Impingement & Instability
23-24	Brookings, SD	Postural Respiration
23-24	Virginia Beach, VA	Myokinematic Restoration
30-31	Loveland, CO	Myokinematic Restoration

## FEBRUARY

---

20-21	Grayslake, IL	Postural Respiration
27-28	Falls Church, VA	Impingement & Instability
27-28	Chandler, AZ	Myokinematic Restoration

## MARCH

---

6-7	Austin, TX	Myokinematic Restoration
13-14	Virginia Beach, VA	Cervical-Cranio-Mandibular Restoration
13-14	Columbus, GA	Postural Respiration
20-21	Fargo, ND	Cervical-Cranio-Mandibular Restoration
20-21	Mount Prospect, IL	Myokinematic Restoration
20-21	Portland, ME	Myokinematic Restoration

## APRIL

---

10-11	Reno, NV	Postural Respiration
14	Lincoln, NE	Interdisciplinary Integration (Foot Integration)
15	Lincoln, NE	Interdisciplinary Integration (Dental Integration)
16	Lincoln, NE	Interdisciplinary Integration (Vision Vestibular Integration)
17	Lincoln, NE	Interdisciplinary Integration (Rest Integration)
24-25	Hancock, MI	Myokinematic Restoration
24-25	Ft. Worth, TX	Myokinematic Restoration
24-25	Lebanon, NH	Impingement & Instability

## MAY

---

1-2	Loveland, CO	Postural Respiration
15-16	Omaha, NE	Postural Respiration
22-23	Arlington, VA	Myokinematic Restoration

## JUNE

---

4-5	Sioux Falls, SD	Postural Respiration
5-6	Farmington, NM	Myokinematic Restoration
26-27	Boone, NC	Cervical-Cranio-Mandibular Restoration
26-27	Richmond, VA	Myokinematic Restoration

## JULY

---

24-25	Lincoln, NE	Cervical-Cranio-Mandibular Restoration
31-Aug 1	Richmond, VA	Postural Respiration

## AUGUST

---

6-7	Milbank, SD	Myokinematic Restoration
21-22	Tulsa, OK	Myokinematic Restoration
28-29	Lincoln, NE	Impingement & Instability

## SEPTEMBER

---

11-12	Colby, KS	Myokinematic Restoration
11-12	Stillwater, MN	Cervical-Cranio-Mandibular Restoration
15	<i>Postural Restoration Certification (PRC) Application Deadline</i>	
18-19	Rochester, NY	Postural Respiration
18-19	Mount Prospect, IL	Postural Respiration
25-26	Waterbury, CT	Myokinematic Restoration

## OCTOBER

---

2-3	St. Louis, MO	Myokinematic Restoration
2-3	Columbus, GA	Impingement & Instability
9-10	Minneapolis, MN	Pelvic Floor Dysfunction
9-10	Lincoln, NE	Myokinematic Restoration
16-17	Seattle, WA	Myokinematic Restoration
22-23	Lincoln, NE	PRI Orthognathic Dentistry

## NOVEMBER

---

6-7	Ft. Worth, TX	Postural Respiration
13-14	Portland, ME	Postural Respiration

## DECEMBER

---

2-5	Lincoln, NE	Advanced Integration
6-7	<i>Postural Restoration Certification</i>	

Visit [www.posturalrestoration.com](http://www.posturalrestoration.com) for additional course dates & locations.

# myokinematic Restoration

an integrated approach to treatment of patterned lumbo-pelvic-femoral pathomechanics

## COURSE DESCRIPTION

This advanced lecture and lab course explores the biomechanics of contralateral and ipsilateral myokinematic lumbo-pelvic-femoral dysfunction. Treatment emphasizes the restoration of pelvic-femoral alignment and recruitment of specific rotational muscles to reduce synergistic patterns of pathomechanic asymmetry. Emphasis will be placed on restoration, recruitment, and retraining activities using internal and external rotators of the femur, pelvis, and lower trunk. Identification and isolation techniques to inhibit overactive musculature will enable the course participant to restore normal resting muscle position. Participants will be able to immediately apply PFI clinical assessment and management skills when treating diagnoses such as "piriformis syndrome", right SI joint dysfunction, and low back strain.

## LEARNING OBJECTIVES

- Outline biomechanical principles of lower half musculoskeletal dysfunction as they relate to rotational patterns of the femur, pelvis, and lumbar spine.
- Describe how musculoskeletal dysfunction relates to articular chain asymmetry and patterns of synergistic compensatory activity.
- Apply examination and assessment skills to neuromuscular dyssynchrony and postural asymmetries that affect stability and function of the lower half.
- Restore synchronous activity across the lumbo-pelvic-femoral complex and improve neuromuscular motor control of the muscles that stabilize these joints.

## COURSE AGENDA

### Day One

7:30-8	Registration & Light Breakfast
8-9	Left Anterior Interior Chain (AIC) Pattern & Pelvic Joint Dynamics
9-10	Lumbo-Pelvic-Femoral Capsuloligamentous Issues
10-10:15	Break
10:15-12	Femoral Internal & External Rotators
12-1	Lunch (on your own)
1-2	Myokinematic Influences on the Pelvis & Femur
2-3	Examination Tests & Assessment
3-3:15	Break
3:15-4:15	Examination & Assessment (Lab)
4:15-4:30	Repositioning Through Integrated Isolation Demonstration
4:30-5	Questions & Review

### Day Two

7:45-8	Sign-In & Light Breakfast
8-10	Myokinematic Hierarchy
10-10:15	Break
10:15-12	Left AIC Related Pathomechanics: "Piriformis Syndrome", Right SI Joint Dysfunction, Low Back Strain
12-1	Lunch (on your own)
1-3	Left AIC Myokinematic Integration (Lab)
3-3:15	Break
3:15-5	Design Specific Sequenced Home Programs

Jan 9-10	Chevy Chase, MD
Jan 23-24	Virginia Beach, VA
Jan 30-31	Loveland, CO
Feb 27-28	Chandler, AZ
Mar 6-7	Austin, TX
Mar 20-21	Mount Prospect, IL
Mar 20-21	Portland, ME
Apr 24-25	Fort Worth, TX
Apr 24-25	Hancock, MI
May 22-23	Arlington, VA
Jun 5-6	Farmington, NM
Jun 26-27	Richmond, VA
Aug 6-7	Milbank, SD
Aug 21-22	Tulsa, OK
Sept 11-12	Colby, KS
Sept 25-26	Waterbury, CT
Oct 2-3	St. Louis, MO
Oct 9-10	Lincoln, NE
Oct 16-17	Seattle, WA

# postural respiration

an integrated approach to treatment of patterned thoraco-abdominal pathomechanics

## COURSE DESCRIPTION

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the postural influences of: rib torsion, asymmetrical oblique strength, inconsistent breathing patterns, habitual use of accessory respiratory musculature and a restricted diaphragm. The focus of this course will be to “balance” polyarticular muscle chains through focused functional assessment of the upper-half. Integrated treatments using manual therapy and specific non-manual techniques to restore respiratory and rotational functions of the trunk will be covered. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as “fibromyalgia”, thoracic outlet syndrome, and shoulder dysfunction.

## LEARNING OBJECTIVES

- Recognize structural influences and breathing patterns of faulty postures.
- Design a postural isolation and inhibition program that includes the integration of appropriate dynamics of respiration.
- Release restricted polyarticular chains and torsional patterns of the trunk through specific manual and non-manual orientation of ventilatory muscle.
- Restore thoracic-scapular force couples, rib alignment, and abdominal-diaphragm muscle integration.

Jan 9-10	Las Vegas, NV
Jan 23-24	Brookings, SD
Feb 20-21	Grayslake, IL
Mar 13-14	Columbus, GA
Apr 10-11	Reno, NV
May 1-2	Loveland, CO
May 15-16	Omaha, NE
Jun 4-5	Sioux Falls, SD
Jul 31-Aug 1	Richmond, VA
Sept 18-19	Rochester, NY
Sept 18-19	Mount Prospect, IL
Nov 6-7	Fort Worth, TX
Nov 13-14	Portland, ME

## COURSE AGENDA

### Day One

7:30-8	Registration & Light Breakfast
8-9	Overview of Anterior Interior Chain (AIC), Brachial Chain (BC) and Zone of Apposition (ZOA)
9-10	Causes of Faulty Postures
10-10:15	Break
10:15-11	Polyarticular Chains: Anterior Interior Chain (AIC), Brachial Chain (BC), Posterior Exterior Chain (PEC)
11-12	Mechanics of the Thorax: Muscle and Structure, Rib Kinematics
12-1	Lunch (on your own)
1-3	Respiratory Function
3-3:15	Break
3:15-4:30	Evaluation & Manual Assessment (Lab)
4:30-5	Left AIC Manual Restoration Techniques (Lab)

### Day Two

7:45-8	Sign-In & Light Breakfast
8-9	Overview of Thoracic Mediastinum
9-10	Postural Respiration Functional Relationships
10-10:15	Break
10:15-12	BC Restoration Tests and Manual Techniques (Lab)
12-1	Lunch (on your own)
1-2	Complete BC Manual Techniques (Lab)
2-3	Review of Right Low Trapezius and Right Tricep Program and Progression
3-3:15	Break
3:15-4:15	Review of Right BC PRI Home Program Treatment Guidelines
4:15-5	Questions & Review

# \*cervical-cranio- mandibular restoration

an integrated approach to treatment  
of patterned temporomandibular and  
cervical dysfunction

## COURSE DESCRIPTION

\*Prior attendance of *Postural Respiration* is required.

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the relationship between cervicobrachial, cervicocranial, and craniomandibular dysfunction and disorders. The focus of this course will be to evaluate, treat, and manage joint compression and instability dysfunction as related to upper quarter asymmetry, cranial osteopathic dysfunction, and temporal, sphenoid, and occipital position. Information will be presented that anatomically addresses and supports sequential treatment approaches that are introduced in the clinic and oriented for carryover by the patient. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as "TMJ", headaches, and facial pain.

## LEARNING OBJECTIVES

- Recognize and evaluate contributing influences of cervicobrachial, craniocervical, and craniomandibular compression disorders.
- Distinguish cranial versus mandibular adaptation patterns of TMD.
- Design a strengthening and stabilization program for cervical, brachial, and craniomandibular instabilities.
- Apply appropriate management sequence of TMD and cervical dysfunction.

## COURSE AGENDA

### Day One

7:30-8	Registration & Light Breakfast
8-8:30	Opening Remarks
8:30-10	Review of AIC and BC Tests and Techniques Relating to TMCC Examination
10-10:15	Break
10:15-12	Right Temporal Mandibular Cervical Chain (TMCC) Facial Observations and Characteristics
12-1	Lunch (on your own)
1-2	Cervical-Cranio-Mandibular Functional Anatomy
2-3	Sphenoid and Lateral Pterygoid Orientation and Organization
3-3:15	Break
3:15-4	Cranial Flexion Manual Demonstration
4-5	Cranial Flexion Lab

### Day Two

7:45-8	Sign-In & Light Breakfast
8-8:30	Review of TMCC Inhalation and Exhalation Correlations
8:30-10	Temporal and SCM/Temporalis Orientation and Organization
10-10:15	Break
10:15-11:15	Temporal Mandibular Cervical Chain (TMCC)
11:15-12	TMCC Respiration and Treatment Goals
12-1	Lunch (on your own)
1-1:30	Right TMCC Non-Manual Techniques
1:30-3	TMCC Tests, Fronto Occipital (Right), Sphenobasilar Flexion (Right), Demonstration and Lab
3-3:15	Break
3:15-4:15	Continuation of Lab
4:15-5	Mandibular Temporal Joint Integrative Management

Jan 16-17	Shakopee, MN
Mar 13-14	Virginia Beach, VA
Mar 20-21	Fargo, ND
Jun 26-27	Boone, NC
Jul 24-25	Lincoln, NE
Sept 11-12	Stillwater, MN
*Oct 22-23	Lincoln, NE

\*PRI Orthognathic Dentistry –  
Save the Date! This course is  
designed for teams of dentists  
and therapists. Look for details  
on our website.



# \*impingement & instability

## COURSE DESCRIPTION

\*Prior attendance of *Myokinematic Restoration* and *Postural Respiration* is required.

This advanced lecture and demonstration course will explore issues of impingement and instability as they relate to the Left AIC and Right BC pattern. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as calcaneal instability, knee instability, hip impingement, ilium instability, scapula instability, shoulder impingement, and multidirectional HG and FA instability. Guidance will be offered in assessing 'instability' and 'impingement' as related to early and late pathologic function following the asymmetrical human developed pattern (Left AIC/Right BC) of unilateral dominance, habit, and consistent hand and foot usage.

Jan 23-24	Lancaster, PA
Feb 27-28	Falls Church, VA
Apr 24-25	Lebanon, NH
Aug 28-29	Lincoln, NE
Oct 2-3	Columbus, GA

## LEARNING OBJECTIVES

- Identify key anti-gravitational myokinematic and neurologic processes influencing compensatory and non-compensatory patterns of the upright patient.
- Recognize influences of internal orientation and compensation on the extended and hypertonic system.
- Manage calcaneal instability and how to incorporate calcaneal stability in the frontal plane.
- Establish a plan of care reflecting femoral and tibial activity for the patella-femoral patient.
- Facilitate PRI neuromuscular re-training programs for the Type I, II and III scapula.
- Balance pelvic floor tension and tone using PRI functional guidelines and testing.

## COURSE AGENDA

### Day One

7:30-8	Registration & Light Breakfast
8-10	PRI Concepts of Impingement and Instability <ul style="list-style-type: none"><li>• Associated Compensatory Patterns</li><li>• Contributing Factors</li></ul>
10-10:15	Break
10:15-12	Assessment of Impingement and Instability <ul style="list-style-type: none"><li>• PRI Tests and Test Outcomes</li><li>• Conventional Tests and Test Outcomes</li></ul> Sagittal vs. Salamander
12-1	Lunch (on your own)
1-3	Calcaneal Instability Patellar Instability
3-3:15	Break
3:15-5	Femoral Instability

### Day Two

7:45-8	Sign-In & Light Breakfast
8-10	Pelvic Instability Ischial Tendonitis
10-10:15	Break
10:15-12	Hip and Groin Impingement
12-1	Lunch (on your own)
1-3	Scapula Thoracic Instability
3-3:15	Break
3:15-5	Shoulder Instability and Tendonitis Shoulder Impingement

# pelvic floor Dysfunction

## COURSE DESCRIPTION

This advanced lecture and lab course is designed to assist clinicians with those complex patients that are struggling to improve. The clinician will gain an appreciation for the influences of an asymmetrical pelvis and how this imbalance contributes to pelvic floor dysfunction. We will explore in detail the anatomy of the pelvic floor, the respiratory influences of the pelvic floor and the effects of asymmetry in a multiple chain system as it relates to function. Participants will be able to restore pelvic and respiratory neutrality through a PRI treatment approach. PRI treatment integration for the following pelvic floor dysfunctions will be discussed: incontinence, hypertonicity, prolapse and SI instability.

Oct 9-10

Minneapolis, MN

## LEARNING OBJECTIVES

- Understand the respiratory diaphragm and how it integrates with pelvic floor dysfunction and rehabilitation.
- Describe pelvic floor dysfunction as it relates to asymmetry and patterns of synergistic compensation.
- Apply PRI examination techniques to recognize patterns of synergistic compensation.
- Perform PRI treatment techniques to restore pelvic floor dysfunction and maximize symmetry for reciprocal activity to occur.
- Appreciate an interdisciplinary approach and recognize when to refer to other professionals.

## COURSE AGENDA

### Day One

7:30-8	Registration & Light Breakfast
8-8:15	Introduction
8:15-10	Pelvic Floor Anatomy
10-10:15	Break
10:15-12	Left Anterior Interior Chain (AIC) and Posterior Exterior Chain (PEC) Patterns and Influences on the Pelvic Floor
12-1	Lunch (on your own)
1-3	Respiratory Influences on the Pelvic Floor
3-3:15	Break
3:15-5	Examination Tests & Assessment (Lab)

### Day Two

7:45-8	Sign-In & Light Breakfast
8-10	PRI Treatment Integration Specific to Pelvic Floor Dysfunction <ul style="list-style-type: none"><li>• Incontinence</li><li>• Prolapse</li><li>• Hypertonicity</li><li>• Sacro-Iliac Dysfunction</li><li>• Pubalgia</li><li>• Pudendal Nerve Entrapment</li></ul>
10-10:15	Break
10:15-12	PRI Treatment (continued)
12-1	Lunch (on your own)
1-3	Pelvic Floor Integration (Lab)
3-3:15	Break
3:15-5	Interdisciplinary Integration Questions

# \*advanced integration

## COURSE DESCRIPTION

\*Prior attendance of *Myokinematic Restoration* and *Postural Respiration* is required.

This four-day advanced lecture and demonstration course is structured so that clinicians will gain an appreciation for the relationship between pathomechanic patterns. It is highly advanced and interactive and reflects PRI concepts covered in both the *Myokinematic Restoration* and *Postural Respiration* courses in an integrative fashion. Both non patho-compensatory and patho-compensatory issues as they relate to the Left AIC and Right BC pattern will be explored in detail. Anatomy, examination tests, algorithms, and manual and non-manual techniques will be presented with focus on total body integration rather than on individual regions of the body. Participants will be able to immediately apply concepts of synchronous breathing, tri-planar integration, and thoracic-scapular integration in the treatment and management of typical compensatory and non-compensatory patterns, and pathologic and non-pathologic curvature of the spine.

Please visit our website for detailed objectives and agendas for each day:  
[www.posturalrestoration.com/courses/advanced-integration](http://www.posturalrestoration.com/courses/advanced-integration)

December 2-5 Lincoln, NE

### DAY ONE

#### ***Synchronous Breathing – Sagittal Repositioning of ZOA***

7:30-8	Registration & Light Breakfast
8-10	Introduction Overview of Integration CD Position/Septal Symmetry
10-10:15	Break
10:15-12	ZOA and Breathing Top Integration Concepts
12-1	Lunch (on your own)
1-3	Review of Restoration Techniques
3-3:15	Break
3:15-4:15	Temporal Mandibular Cervical Chain (TMCC) Overview
4:15-4:30	Break
4:30-5:30	Professional Integration – Neuro-Optometrics

### DAY TWO

#### ***Triplanar Activity – Frontal and Transverse Integration***

7:45-8	Sign-In & Light Breakfast
8-10	Pelvic Floor and Diaphragm
10-10:15	Break
10:15-12	Frontal Plane Assessment Overview of Adduction and Abduction Concepts
12-1	Lunch (on your own)
1-3	Anatomy Families by Color
3-3:15	Break
3:15-5	Piriformis Syndrome SI Joint Dysfunction

### DAY THREE

#### ***Thoracic-Scapula Integration***

7:45-8	Sign-In & Light Breakfast
8-10	Thoracic Scapula Gait Kinematics and Rib Kinematics of Left AIC/Right BC Patterns
10-10:15	Break
10:15-12	Brachial Chain (BC) and Thoracic-Scapula Non-Manual Techniques
12-1	Lunch (on your own)
1-3	BC and Thoracic-Scapula Non-Manual Techniques (Cont'd)
3-4	Top Active and Passive PRI Thoracic Integrative Techniques
4-4:15	Break
4:15-6	Professional Integration – Dr. Paul Coffin, DPM

### DAY FOUR

#### ***Curvature of the Spine***

7:45-8	Sign-In & Light Breakfast
8-9	Pattern vs. Position
9-10	Roto-Scoliosis Non-Patho & Patho Curves
10-10:15	Break
10:15-12	Roto-Scoliosis (Cont'd)
12-1	Lunch (on your own)
1-3	Roto-Scoliosis (Cont'd) Juvenile Kyphosis
3-3:15	Break
3:15-4:30	Alternating Reciprocal Activity Inhibition Techniques Concluding Remarks

# interdisciplinary integration

## COURSE DESCRIPTION

April 14-17 Lincoln, NE

This advanced lecture course is offered for health professionals of all disciplines. No prerequisite courses are needed and daily registration is available. This course will offer recommendations on how to manage patients who are limited in successful outcomes through intra-discipline treatment only. Influences of the feet, cranium and the autonomic nervous system; vision and the vestibular system; and rest and management of sleep disorders; on each other and on the practitioner's examination and intervention will be outlined. PRI tests and techniques will be used to help implement this interdisciplinary integrative intervention.

### DAY ONE: FOOT INTEGRATION

*Curt Johnson, PT, Ron Hruska, MPA, PT, Paul Coffin, DPM and Ann Ringlein*

This one-day course is designed to help clinicians understand the biomechanical reasoning and functional purpose for foot orthotic fabrication. Emphasis will be placed on integrating non-compressible, flexible orthotics into a PRI dynamic, symmetry oriented program. Footwear, complex versus simple lower extremity biomechanical pattern as related to the Left AIC and PEC patient, functional hallux limitus and plantar fasciitis will be discussed. The clinician will gain an appreciation for when to use PRI orthotics, when to refer, and what other interdisciplinary integration may be necessary.

### DAY TWO: DENTAL INTEGRATION

*Michael Hoefs, DDS, FAACP, FADI*

This one-day course will introduce clinicians to craniofacial pain, temporomandibular disorders (TMD), and their relationship to the rest of the musculoskeletal system. We will explore the concepts of cranial osteopathy, internal derangements of the temporal mandibular joint (TMJ) and their relationship to Postural Restoration. Participants will gain an understanding of treatment modalities that address these dysfunctions and their integration with other disciplines. Case studies will be shown to demonstrate this treatment philosophy and coordination of treatment.

### DAY THREE: VISION VESTIBULAR INTEGRATION

*Bob Edwards, OD and Ron Hruska, MPA, PT*

This one-day course centers around the influences of vision on the vestibular system, compensatory patterns of the head, neck and trunk, and typical optokinetic function associated with limited or restricted cranial cervical and thoracic biomechanics. Accommodative binocular movement disorders, myopia, hyperopia, heterophoria and visual midline shift patterns will be discussed and related to clinical postural adaptative challenges and specific neuromuscular patterns and positions. When to integrate optometric, physical or occupational therapy, dentistry or podiatry and why those considerations should be made will be presented and discussed by clinicians who have experienced positive collaborative outcomes.

### DAY FOUR: REST INTEGRATION

*J. Paul Rutledge, MD, Neuropsychiatrist, Ron Hruska, MPA, PT, Julie Hereford, PT, MS(R), PhD, DPT, and Michael Hoefs, DDS, FAACP, FADI*

This one-day course will explore the basic physical and psychosocial issues of sleep, the evaluation of sleep and sleep disorders, sleep patterns, and sleep rehabilitation. Methods of intervention, including oral appliances that may improve airway management during sleep, will be discussed. The clinician will also gain a better understanding of sleep influence on motor learning and PRI motor learning on sleep. Integration of pulse oximeters, continuous positive airway pressure (CPAP), mandibular advancement devices, polysomnography, and sleep scales will be discussed. How to determine when to refer a patient for further sleep evaluation will also be presented. This course will integrate PRI techniques and recommendations into establishing good sleep posture and retro-cranial alignment.

# home study courses

## **COURSES AVAILABLE FOR HOME STUDY:**

*Myokinematic Restoration – An Integrated Approach to Treatment of Patterned Lumbo-Pelvic-Femoral Pathomechanics*

*Postural Respiration – An Integrated Approach to Treatment of Patterned Thoraco-Abdominal Pathomechanics*

We have taken video from the live 15-hour lecture and lab courses including Power Point slides, demonstration, lab, and audience question and answer sessions. Each course is available as a set of 8 DVD's in total for viewing in the comfort of your home or office.

- **Register** online or by phone, fax or mail.
- **Receive** a set of 8 DVD's, a course manual of approximately 150 pages, and a study guide by mail.
- **Watch** the 15 hour course in the comfort of your home or office.
- **Return** the DVD's in the pre-paid envelope after 7 days.
- **Complete** the written examination to verify your completion of the course.
- **Receive** a Certificate of Completion.

Groups of 2 or more are encouraged to register for home study courses together. This will provide an opportunity to participate in lab sessions while watching the videos together.

- Groups of **2 or more** receive a 10% discount (\$355.50/person).
- Groups of **5 or more** receive a 15% discount (\$335.75/person).

### **Benefits of PRI Home Study**

- Flexibility – learn at your best pace with the capability to pause, rewind and review both the supportive science and the techniques
- Accessibility – no time away from work to travel
- Affordability – less expensive than live courses and discounts available
- Re-examine Opportunity – spend extra time on the topics you find difficult or concepts that you would like to critically review from previous course attendance
- Certification Preparation – a great way to become ready for Postural Restoration Certification
- Comfort – adult based learning in your own home or office
- Convenient Reinforcement – post test reflects objectives and course content highlights

# speaker profiles



## Ron Hruska MPA, PT

Ron has a strong interest in myokinematic and biomechanical influences on postural and peripheral adaptation patterns. His 30 years of clinical experience assist him with direct patient interventions based on specific examination and evaluation data that best reflects postural stability, trunk symmetry, and respiratory balance. He lectures extensively and consults regularly with physicians, dentists, physical therapists, coaches, researchers, and other healthcare providers across the United States and internationally on patterned postural discord and his approach of maximizing symmetry throughout the body. His reputation has led to consultations with collegiate and professional athletes from a variety of arenas, states and countries. Ron is a graduate of the University of Nebraska Medical Center, Division of Physical Therapy. He is a member of the American Academy of Orthopedic Manual Physical Therapists, American Academy of Orofacial Pain, American Academy of Craniofacial Pain, Neuro-Optometric Rehabilitation Association, and the American Physical Therapy Association. Ron serves as Biomechanical Consultant to the University of Nebraska-Lincoln through the Division of Athletic Medicine. He is founder and director of the Postural Restoration Institute™ and clinically practices at Hruska Clinic, Restorative Physical Therapy Services, in Lincoln, Nebraska.

[www.hruskaclinic.com](http://www.hruskaclinic.com)



## James Anderson MPT, PRC

James received his Master's degree in Physical Therapy from the University of Nebraska Medical Center in Omaha in 1998. He completed his undergraduate studies at the University of Nevada Las Vegas where he majored in kinesiology. James is Director of Spine Rehabilitation at The Rejuvenation Center in Omaha, one of the first clinics in the country to be designated a Postural Restoration Certified Center. He has combined extensive continuing education with collaborative research to attain clinical excellence in the non-surgical treatment of back, hip, knee, shoulder, and neck pain syndromes. He has consulted with various companies as course instructor and/or biomechanical consultant and lectured to hundreds of physicians, physical therapists, and athletic trainers across the country. James's passion for educating students, clinicians, and other medical professionals has led to appointments as clinical instructor for several graduate programs and guest lecturer for a wide variety of local, regional, and national events. He was a member of the first class to earn the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns and the influence of polyarticular chains of muscle on the human body as defined by the Postural Restoration Institute™.

[www.loveyback.com](http://www.loveyback.com)



## Michael Cantrell MPT, PRC

Mike graduated from the University of Georgia in 1981 with a Bachelor's degree in Dietetics. After a period in the U.S. Army, he completed his Master's degree in Physical Therapy from Emory University School of Medicine in Atlanta. Mike's orthopedic skills continued to advance as he began practicing at the University of Georgia as the sole physical therapist for a population of 30,000 students. In 1992, he and his wife, Tassie, opened their private practice where Postural Restoration techniques are carried out with patients presenting a variety of diagnoses and often traveling from surrounding states. Mike's reputation for successful clinical outcomes and his background in nutrition, sports medicine, and Postural Restoration has led to consulting and speaking opportunities within his local community and across the country. Mike has earned the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns and the influence of polyarticular chains of muscle on the human body as defined by the Postural Restoration Institute™.

[www.cantrellcenter.com](http://www.cantrellcenter.com)

# register

Online: [www.posturalrestoration.com](http://www.posturalrestoration.com)  
 Phone: 888.691.4583  
 Fax: 402.467.4580  
 Mail: Postural Restoration Institute  
 5241 R Street  
 Lincoln, NE 68504

# tuition

*\*Late fee within 4 weeks of course. \*Home study rush shipping.*

<b>Myokinematic Restoration</b>	<b>\$415</b>	<b>*\$445</b>
<b>Postural Respiration</b>	<b>\$415</b>	<b>*\$445</b>
<b>Cervical-Cranio-Mandibular Restoration</b>	<b>\$435</b>	<b>*\$465</b>
<b>Impingement &amp; Instability</b>	<b>\$435</b>	<b>*\$465</b>
<b>Pelvic Floor Dysfunction</b>	<b>\$415</b>	<b>*\$445</b>
<b>Advanced Integration</b>	<b>\$795</b>	<b>*\$825</b>
<b>Interdisciplinary Integration</b>	<b>\$795</b>	<b>*\$825</b>
<b>Interdisciplinary Integration</b> <i>(Daily Registration)</i>	<b>\$220</b>	<b>*\$250</b>
<b>Home Study Courses</b>	<b>\$395</b>	<b>*\$425</b>

### Discounts:

- Groups of 5 or more attending from the same organization receive a 10% discount.
- Repeat a course within 3 years and receive a 20% discount.
- Register for 2 courses at the same time and receive a 20% discount on the second course. Payment for both courses must be received in full. Excludes Advanced Integration and Interdisciplinary Integration.
- Home Study Courses Only: Groups of 2 or more receive 10% discount. Groups of 5 or more receive 15% discount.
- Postural Restoration Certified (PRC) Therapists receive a 50% discount.
- Discounts cannot be combined.

**Cancellation & Refund Policy:** Tuition is refundable less \$50 if cancelled 14 days before the course date. Tuition is not refundable for registrations or cancellations within 14 days of the course. However, you may have someone attend in your place or attend on another date. If you choose to attend on another date, a \$50 fee applies to transfer your registration. PRI reserves the right to cancel a course and will refund the tuition fee only.

## Registration Form

Course Date & Location \_\_\_\_\_

Name and Credentials \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Organization \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Method of payment:  Check *(payable to PRI)*  Visa  MasterCard  Discover  AMEX

Card # \_\_\_\_\_ Exp. \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Preferred confirmation method:  Email  Fax  Mail



5241 R Street  
Lincoln, NE 68504

[www.posturalrestoration.com](http://www.posturalrestoration.com)