



2011 COURSES

posturalrestoration.com

2011 COURSES

Myokinematic Restoration.....	page 6
Postural Respiration	page 7
Pelvic Floor Restoration.....	page 8
Interdisciplinary Integration.....	page 9
*Cervical-Cranio-Mandibular Restoration.....	page 10
*Impingement & Instability.....	page 11
*Advanced 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 integrated clinical education, research and the ongoing search for improved pathways of physical medicine. We are creating resources, education opportunities, research, and patient-care programs to assist those who wish to maximize their assessment and intervention skills in the areas of respiration, myokinematics, neuromuscular applications, postural imbalances, and visual function.

posturalrestoration.com

daily news blog ■ course registration ■ case studies ■ articles ■ interviews
Postural Restoration Certification ■ 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 2011: Myokinematic Restoration, Postural Respiration, Impingement & Instability, and Advanced Integration. 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. Certificates of Completion are awarded to attendees upon the successful completion of each course.

2011 CALENDAR

M Myokinematic Restoration
P Postural Respiration
PF Pelvic Floor Restoration
II Interdisciplinary Integration
C Cervical-Cranio-Mandibular
Restoration
I Impingement & Instability
A Advanced Integration

JANUARY

8-9 Lincoln, NE (PF)
15-16 Virginia Beach, VA (I)
22-23 St. Paul, MN (M)
22-23 Prescott Valley, AZ (P)
23-24 Salem, OR (M)

FEBRUARY

12-13 Virginia Beach, VA (M)
12-13 Atlanta, GA (C)
25-26 Missoula, MT (M)
26-27 Loveland, CO (I)

MAY

21-22 Chevy Chase, MD (C)

*Call to schedule
a course!*

JUNE

4-5 Burlington, VT (M)
11-12 Bismarck, ND (C)

*Call to schedule
a course!*

SEPTEMBER

15 Postural Restoration
Certification Application
Deadline
17-18 Seattle, WA (I)
17-18 Chanhassen, MN (I)
24-25 Southfield, MI (M)

OCTOBER

1-2 Loveland, CO (C)
8-9 Oklahoma City, OK (M)
15-16 Chapel Hill, NC (PF)
15-16 Lincoln, NE (P)
22-23 Minneapolis, MN (M)
22-23 Ft. Worth, TX (I)

Visit www.posturalrestoration.com for additional course dates & locations.

MARCH

- 5-6 St. Paul, MN (P)
- 5-6 Falls Church, VA (PF)
- 12-13 Las Vegas, NV (I)
- 12-13 Ft. Worth, TX (M)
- 19-20 Rapid City, SD (P)
- 26-27 Frederick, MD (M)
- 26-27 Mt. Prospect, IL (C)

APRIL

- 2-3 Grayslake, IL (I)
- 2-3 Reno, NV (M)
- 9-10 Seattle, WA (P)
- 9-10 Potomac, MD (P)
- 14-16 Lincoln, NE (II)

JULY

*Call to schedule
a course!*

AUGUST

- 13-14 Warner Robins, GA (M)
- 20-21 Minneapolis, MN (PF)
- 20-21 Portland, ME (I)
- 27-28 Mt. Prospect, IL (I)

NOVEMBER

- 5-6 Phoenix, AZ (I)
- 12-13 Lincoln, NE (C)

DECEMBER

- 1-4 Lincoln, NE (A)
- 5-6 Postural Restoration
Certification

Visit www.posturalrestoration.com for additional course dates & locations.

MYOKINEMATIC RESTORATION

An Integrated Approach to Treatment of Patterned Lumbo-Pelvic-Femoral Pathomechanics

St. Paul, MN	Jan 22-23
Salem, OR	Jan 23-24
Virginia Beach, VA	Feb 12-13
Missoula, MT	Feb 25-26
Ft. Worth, TX	Mar 12-13
Frederick, MD	Mar 26-27

Reno, NV	Apr 2-3
Burlington, VT	Jun 4-5
Warner Robins, GA	Aug 13-14
Southfield, MI	Sept 24-25
Oklahoma City, OK	Oct 8-9
Minneapolis, MN	Oct 22-23

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 PRI clinical assessment and management skills when treating diagnoses such as “piriformis syndrome”, right SI joint dysfunction, and low back strain.

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

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.

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

POSTURAL RESPIRATION

An Integrated Approach to Treatment of Patterned Thoraco-Abdominal Pathomechanics

Prescott Valley, AZ Jan 22-23
St. Paul, MN March 5-6
Rapid City, SD Mar 19-20

Seattle, WA Apr 9-10
Potomac, MD Apr 9-10
Lincoln, NE Oct 15-16

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.

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)

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.

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

PELVIC FLOOR RESTORATION

An Integrated Approach to Treatment of Patterned Pubo-Sacral Pathomechanics

Lincoln, NE
Falls Church, VA

Jan 8-9
Mar 5-6

Minneapolis, MN
Chapel Hill, NC

Aug 20-21
Oct 15-16

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 function of the pelvic inlet and outlet as it relates to anatomy, respiration, and asymmetry in a multiple polyarticular chain system. Participants will be able to restore pelvic and respiratory neutrality through a PRI treatment approach. PRI treatment integration to assist with the following pelvic floor dysfunctions will be discussed: incontinence, hypertonicity, prolapse and SI instability.

LEARNING OBJECTIVES

- Identify musculature of the pelvic inlet and outlet.
- Understand the respiratory diaphragm and how it integrates with pelvic floor function and rehabilitation.
- Recognize pelvic asymmetry and understand the relationship of pelvic asymmetry and pelvic floor function.
- Apply appropriate PRI techniques in the treatment of pelvic floor dysfunctional patterns.
- Design a postural isolation and inhibition program that includes the integration of appropriate pubo-sacral dynamics for pelvic floor function.

COURSE AGENDA

Day One

- 7:30-8 Registration & Light Breakfast
8-9 Introduction to the Pelvic Floor
9-10 Anatomy of the Pelvic Floor (coloring considerations)
10-10:15 Break
10:15-11 Anatomy (continued)
11-12 Left Anterior Interior Chain (AIC) and Posterior Exterior Chain (PEC) Influence on Pelvic Floor
12-1 Lunch (on your own)
1-2 Left AIC and PEC Influence on Pelvic Floor
2-3 Examination Tests and Assessment
 - Adduction Drop Test
 - Pelvic Ascension Drop Test
 - Passive Abduction Raise Test
 - Standing Reach Test
 - Functional Squat Test
 - Hruska Adduction Lift Test3-3:15 Break
3:15-4:30 Examination and Assessment (Lab)
4:30-5 Questions & Review

Day Two

- 7:45-8 Sign-In & Light Breakfast
8-10 Respiratory and Autonomic Nervous System Influences on Pelvic Floor
10-10:15 Break
10:15-12 Treatment of Pelvic Floor Dysfunction
 - Left AIC
 - Left AIC Case Study12-1 Lunch (on your own)
1-3 Treatment of Pelvic Floor Dysfunction
 - PEC
 - PEC Case Study
 - Pathologic PEC
 - Pathologic PEC Case Study3-3:15 Break
3:15-4:30 Treatment of Pelvic Floor Dysfunction (continued)
4:30-5 Questions & Wrap-Up

INTERDISCIPLINARY INTEGRATION

Lincoln, Nebraska

April 14-16

COURSE DESCRIPTION

This advanced lecture course is offered for health professionals of all disciplines. No prerequisite courses are needed. This course will offer recommendations on how to manage patients who are limited in successful outcomes through intra-discipline treatment only. PRI tests and techniques will be used to help implement

this interdisciplinary integrative intervention. Visual influences on the PRI treatment and intervention process will be discussed, described and demonstrated. Optometrists and physical therapists will be introduced to the PRI approach in establishing and maintaining PRI neutrality, function and visual process.

DAY ONE: NEURO-ANATOMICAL DEVELOPMENT OF THE EYE

Heidi Wise, OD

This first day will help the clinician understand how the eye functions, develops and interacts with visual and physical demands placed on it. Use of spheres, cylinders and prisms, or lens in general to correct compensation for refractive states or to enhance postural or visual function will be discussed. This optometric overview will help the course attendee better understand day two concepts and vestibular problems associated with vision optical, sensorimotor vision, visual processing and systemic and neurological conditions.

DAY TWO: INTEGRATIVE OPTOMETRY – THE PRI APPROACH

Ron Hruska MPA, PT, and Heidi Wise, OD

This second day will introduce clinicians to the binocular relationships of vergence eye movements, frontal plane astigmatism and anisometropia to upright postural PRI patterns. Case studies, treatment algorithms and guidelines will be presented to correct visual dynamic distance activity, visual push or pull, adaptive visual lateralization, visual and postural instability, and cyclo-torsional interference. These two co-founders of the PRI Vision approach will discuss their philosophy and coordination of treatment.

DAY THREE: VISION VESTIBULAR INTEGRATION

Bob Edwards, OD, Ron Hruska, MPA, PT and Heidi Wise, OD

This day 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 and head trauma. Accommodative binocular movement disorders, myopia, hyperopia, heterophoria and visual midline shift patterns will be discussed and related to clinical postural adaptive 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.

*CERVICAL-CRANIO-MANDIBULAR RESTORATION

**An Integrated Approach
to Treatment of Patterned
Temporomandibular and
Cervical Dysfunction**

Atlanta, GA Feb 12-13
Mt. Prospect, IL Mar 26-27
Chevy Chase, MD May 21-22

Bismarck, ND Jun 11-12
Loveland, CO Oct 1-2
Lincoln, NE Nov 12-13

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.

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

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 PRI management sequence of TMD and cervical dysfunction.

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

*IMPINGEMENT & INSTABILITY

Virginia Beach, VA Jan 15-16
 Loveland, CO Feb 26-27
 Las Vegas, NV Mar 12-13
 Grayslake, IL April 2-3
 Portland, ME Aug 20-21

Mt. Prospect, IL Aug 27-28
 Seattle, WA Sept 17-18
 Chanhassen, MN Sept 17-18
 Ft. Worth, TX Oct 22-23
 Phoenix, AZ Nov 5-6

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.

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

- Associated Compensatory Patterns
- Contributing Factors

 10-10:15 Break
 10:15-12 Assessment of Impingement and Instability

- PRI Tests and Test Outcomes
- Conventional Tests and Test Outcomes

 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

*ADVANCED INTEGRATION

Lincoln, Nebraska

December 1-4

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 course objectives:
www.posturalrestoration.com/courses/advanced-integration

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 – Behavioral and Neuro-Optometrics

DAY TWO

Triplanar Activity – Frontal and Transverse Integration

- 7:45-8 Sign-In & Light Breakfast
- 8-9 "Neutrality"
- 9-10 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

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 14 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

SPEAKERS

Please visit our website to read speaker biographies.
www.posturalrestoration.com/faculty



Ron Hruska, MPA, PT

Impingement & Instability; Cervical-Cranio-Mandibular Restoration; Advanced Integration; Interdisciplinary Integration



Jennifer Poulin, PT, PRC

Myokinematic Restoration



James Anderson, MPT, PRC

Myokinematic Restoration; Postural Respiration; Impingement & Instability; Advanced Integration



Lori Thomsen, MPT, PRC

Pelvic Floor Restoration



Michael Cantrell, MPT, PRC

Myokinematic Restoration;
Postural Respiration



Heather Engelbert, PT, PRC

Pelvic Floor Restoration

REGISTRATION

Online: www.posturalrestoration.com
Phone: 888-691-4583 (toll free)
402-467-4111 (local)
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.*

Myokinematic Restoration	\$415	*\$445
Postural Respiration	\$415	*\$445
Pelvic Floor Restoration	\$415	*\$445
Interdisciplinary Integration	\$600	*\$630
Cervical-Cranio-Mandibular Restoration	\$435	*\$465
Impingement & Instability	\$435	*\$465
Advanced Integration	\$795	*\$825
Home Study Courses	\$395	**\$425

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. *(Excludes Interdisciplinary Integration.)*
- 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. *(Excludes Interdisciplinary Integration.)*
- 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, Nebraska
68504

www.posturalrestoration.com