




PRI Repetition Recommendations:

Because of the influence PRI places on cortical motor re-learning, through detailed integrative processing of 'new' co-contracting muscle, it is important to allow time for neurotransmitters to be released in the synapses to excite or inhibit neurons. Each repetition should be held, if possible for three to four normal sinus rhythmic inspirations, five times, if possible per set. This 60 second set of activity would include:

Nasal breath in (2 seconds)		1 Repetition
Oral breath out (2 seconds)		
(as you lift, engage or perform PRI technique)		
Hold 'on thousand one, one thousand two, etc...for 4 to 5 seconds		
Relax or lower or disengage		
Nasal breath in (2 seconds)		
Oral breath out (2 seconds)		

Nasal breath in (2 seconds)...and repeat above cycle 3 to 4 more times based on patient ability.

It will take at least one minute to complete this 12-15 second repetition, four to five times.

To enhance the neuromodulators and the overall effectiveness of the synaptic connections and to bring about enduring change, these repetitions should not be done if pain or discomfort is simultaneously experienced. Therefore, only two to three sets are recommended at one PRI session. If more than one non-manual technique is being encouraged at each PRI session, a better motor adaptation pattern will be realized if each technique is carried out in a series of one set of each.