

PROGRAMS & COURSES

2016 | POSTURALRESTORATION.COM

2016 PROGRAMS & COURSES

WEST

Anchorage, AK
Fort Collins, CO
Fort Collins, CO
Helena, MT
Las Vegas, NV
Los Angeles, CA
Palo Alto, CA
Phoenix, AZ
Phoenix, AZ
Phoenix, AZ
Phoenix, AZ
Salem, OR
Salem, OR
Salem, OR
San Diego, CA
San Francisco, CA
San Francisco, CA
Seattle, WA
Seattle, WA
Seattle, WA
Seattle, WA
Seattle, WA
Seattle, WA
Seattle, WA

Nov 5-6
Feb 13-14
Oct 15-16
Sep 17-18
May 14-15
Jul 23-24
Aug 20-21
Jan 9-10
Jan 15-16
Jan 17
Oct 22-23
Nov 12-13
Nov 19-20
Feb 14-15
Aug 21-22
Nov 5-6
Feb 20-21
Apr 2-3
Nov 5-6
Feb 20-21
Mar 5-6
Apr 23-24
May 14-15
Aug 6-7
Sep 24-25
Oct 15-16

CENTRAL

Austin, TX
Chicago, IL
Chicago, IL
Columbus, OH
Dallas, TX
Dallas, TX
Detroit, MI
Duluth, MN
Indianapolis, IN
Indianapolis, IN
Kansas City, KS
Kearney, NE
Lincoln, NE
Lincoln, NE
Lincoln, NE
Lincoln, NE
Lincoln, NE
Lincoln, NE
Lincoln, NE
Louisville, KY
Minneapolis, MN
Minneapolis, MN
Minneapolis, MN
Quincy, IL

Jan 16-17
Feb 27-28
Sep 10-11
Mar 5-6
Apr 2-3
Aug 6-7
Sep 10-11
May 21-22
Mar 19-20
Aug 27-28
Feb 27-28
Jun 10-11
Jan 9-10
Jan 11-12
Apr 14-15
May 13-14
Aug 19-20
Oct 7-8
Dec 8-11
Dec 12-13
Feb 6-7
Apr 9-10
Sep 10-11
Oct 8-9
Jan 30-31

St. Louis, MO
St. Louis, MO

Feb 19-20
Sep 30-Oct 1

NORTHEAST

Bethesda, MD
Boston, MA
Boston, MA
Boston, MA
Boston, MA
Burlington, VT
Essex Junction, VT
New York, NY
New York, NY
New York, NY
Philadelphia, PA
Philadelphia, PA
Philadelphia, PA
Providence, RI
Richmond, VA
Richmond, VA
Rockville, MD
St. Albans, VT
Worcester, MA
Worcester, MA

May 21-22
Jun 11-12
Jul 9-10
Aug 27-28
Sep 17-18
Apr 30-May 1
Jan 30-31
Mar 12-13
Apr 23-24
Aug 13-14
Oct 15-16
Aug 12-13
Aug 14
Nov 5-6
May 14-15
Feb 27-28
Oct 22-23
Nov 12-13
Oct 1-2
Mar 12-13
Sep 24-25

SOUTH

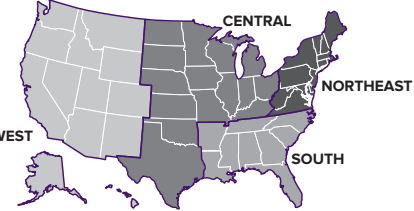
Atlanta, GA
Charlotte, NC
Miami, FL
Miami, FL
Palm Beach, FL
Port St. Lucie, FL
Port St. Lucie, FL
Raleigh, NC
Warner Robins, GA

Jan 23-24
Feb 20-21
Apr 30-May 1
Jul 30-31
Jan 30-31
Nov 11-12
Nov 13
Jun 11-12
Oct 29-30

INTERNATIONAL

Fukuoka, JP
Guelph, ON
Montreal, QC
Nagoya, JP
New South Wales, AU
New South Wales, AU
Tokyo, JP
Vancouver, BC
West Yorkshire, UK

Jul 2-3
May 14-15
Apr 30-May 1
Apr 16-17
Jul 16-17
Jul 23-24
May 21-22
Oct 8-9
Apr 2-3



■ Primary Courses
■ Secondary Courses
■ Annual Symposium

■ PRI Affiliate Courses
■ PRI Vision Courses

■ PRI Aquatics Courses
■ Credentialing Programs

INTRODUCTION

MESSAGE FROM RON

Opportunities to educate a person or group of people about human oriented patterned asymmetrical function can be a daunting endeavor. However, the PRI Directors, Staff, Faculty, and Speakers look forward to every opportunity to disseminate information and reasoning for using scientific-based PRI methodology in examination and in the alleviation and prevention of human impairment and functional limitation. The PRI course attendees engender a sense of teamwork and camaraderie among us, especially when we engage in educating, consulting and supporting research. Our nonlinear and multifaceted growth is a reflection of a strong foundation of belief in the natural unilateral neuro-mechanical and neuro-physiological influences on our day-to-day performance. This foundational mortar is what allows us to build and construct local, national, and international multidisciplinary integrated synergistic approaches for the management of resilient patterned dysfunction. We are so grateful that you possibly will become a nail, screw, or the glue that will continue to support our expansion and evolution.



DIRECTORS



Ron Hruska, MPA, PT
Director of Postural
Restoration Institute



Janie Ebmeier, PTA
Director of Business
Development



Bobbie Rappl, PTA, PRC
Director of Clinical
Development & Public
Relations



**Jennifer Platt, DPT, ATC,
PRC**
Director of Education &
Credentialing

WHAT TO EXPECT

As a participant of a Postural Restoration Institute® course, you will be introduced to an innovative and unique approach that will revolutionize your knowledge, practice and training principles. The science may be new to you but it's foundation began with the creation of the human body! Faculty to student ratios are kept low to stimulate an interactive, cohesive learning environment. Lecture with visuals will be used throughout the course and lab will be included in select courses. You will receive a course manual over 200 pages in length that complements the speakers presentation along with ready to use non-manual techniques. Please come prepared to advance your knowledge in postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body!

COURSE REGISTRATION & CONFIRMATION

Course registration available online at posturalrestoration.com or by calling 888-691-4583. Confirmation letters will be emailed at least 4 weeks prior to the course date or once a minimum of 15 people have registered to attend. While it doesn't happen often, if we are not able to reach the minimum of 15 registered attendees, a course may be cancelled. In this case, registrants will be notified at least 4 weeks in advance.

CANCELLATION POLICY

Tuition is refundable less \$50 if cancelled 14 days before the course date. Tuition is not refundable 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 and tuition credit needs to be redeemed within one year. PRI reserves the right to cancel a course and will refund the tuition fee only.

AUDIENCE & ACCREDITATION

Certificates of Completion are awarded to attendees upon the successful completion of each course. Before attending a course, please verify CEU acceptance with your profession's regulating body. Attendees are responsible for following their state statutes regulating their professional practice as they integrate PRI concepts.

Physical Therapists and PT Assistants

In the states where PRI is sponsoring courses and where approval through state American Physical Therapy Association (APTA) or licensing agencies is required, PRI will apply for approval for CEUs for Physical Therapists and Physical Therapist Assistants. Please refer to our website to see if your state is approved for the course of interest.

Occupational Therapists and OT Assistants

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

Chiropractors

In the states where PRI is sponsoring courses and where approval through state licensing agencies is required, PRI will apply for CEUs for Chiropractors. Please refer to our website to see if your state is approved for the course of interest.

Strength and Conditioning Coaches

Select PRI courses are approved by the National Strength and Conditioning Association (NSCA). Please refer to our website for course approval details. NSCA approval does not allow participants to apply information outside of NSCA certificants' scope of practice.

Select PRI courses are approved by the Collegiate Strength and Conditioning Coaches Association (CSCC_a). Please refer to our website for course approval details.

Athletic Trainers and Athletic Therapists

PRI is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers (#P2376). Select PRI courses award EBP CE hours. Please refer to our website for course approval details.

Select PRI courses are approved by the Canadian Athletic Therapists Association (CATA) awarding CEUs for Certified Athletic Therapists. Please refer to our website for course approval details.

Massage Therapists

PRI is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. Provider number 451877-12. Approval applies to live courses only.

Other Healthcare and Fitness Professionals

PRI welcomes any interested healthcare or fitness professional to attend our courses.



**APPROVED PROVIDER of
CONTINUING EDUCATION**
by The American Occupational
Therapy Association, Inc.



CSCC_a

Collegiate Strength & Conditioning Coaches assoc.

MAXIMIZING ATHLETIC PERFORMANCE

**NSCA CEU
APPROVED**



**CANADIAN
ATHLETIC
THERAPISTS
ASSOCIATION**

CREDENTIALING PROGRAMS

The Postural Restoration Institute® has established credentialing programs as a way to recognize and identify individuals with advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute®.



The Postural Restoration Certified™ (PRC) credentialing program was established in 2004, and is available to Physical Therapists, Physical Therapist Assistants, Occupational Therapists, and Chiropractors who have attended the required PRI courses, demonstrated a thorough understanding of the science through completion of the PRC Application and successfully participated in both clinical and analytical testing.

COURSE REQUIREMENTS:

- Myokinematic Restoration (Live or Home Study)
- Pelvis Restoration (Live or Home Study)
- Postural Respiration (Live or Home Study)
- Advanced Integration

APPLICATION DEADLINE

September 15, 2016

TESTING

December 12-13, 2016

Application available online or by emailing platt.jennifer@posturalrestoration.com



The Postural Restoration Trained™ (PRT) credentialing program was established in 2011, and is available to Athletic Trainers (with Certification through the BOC), Athletic Therapists (with Certification through the CATA), and Strength and Conditioning Coaches (with CSCS Certification through the NSCA or SCCC Certification through the CSCCA) who have attended the required PRI courses, demonstrated a thorough understanding of the science through completion of the PRT Application and successfully participated in both clinical and analytical testing.

COURSE REQUIREMENTS:

- Myokinematic Restoration (Live or Home Study)
- Pelvis Restoration (Live or Home Study)
- Postural Respiration (Live or Home Study)
- Impingement & Instability

APPLICATION DEADLINE

October 15, 2016

TESTING

January 9-10, 2017

Application available online or by emailing platt.jennifer@posturalrestoration.com

BENEFITS OF CREDENTIALING

- | | | |
|-----------------------|---------------------------|----------------------------|
| ■ Website Recognition | ■ Quarterly Updates | ■ Mentorship Opportunities |
| ■ Tuition Discounts | ■ Professional Networking | ■ Speaking Opportunities |

Please visit our website for more information, including printable applications.

posturalrestoration.com

MYOKINEMATIC RESTORATION

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

COURSE SCHEDULE

Jan 23-24	Atlanta, GA
Feb 6-7	Louisville, KY
Feb 20-21	Charlotte, NC
Mar 5-6	Seattle, WA
Mar 12-13	New York, NY
Apr 2-3	San Francisco, CA
Apr 16-17	Nagoya, JP
Apr 30-May 1	Burlington, VT
May 14-15	Providence, RI
May 21-22	Duluth, MN
May 21-22	Tokyo, JP
Jul 2-3	Fukuoka, JP
Jul 16-17	New South Wales, AU
Jul 23-24	Los Angeles, CA
Aug 19-20	Lincoln, NE
Aug 27-28	Boston, MA
Sep 17-18	Helena, MT
Oct 8-9	Vancouver, BC
Oct 22-23	Phoenix, AZ
Nov 5-6	Salem, OR

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 predictable 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. Guidance will be provided on how to inhibit overactive musculature. This 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 ilio-sacral joint dysfunction, and low back strain.

REGISTRATION & FEES

Live Course (<i>early</i>)	\$445
Live Course (<i>late-within 4 weeks</i>)	\$475
Home Study Course	\$415 + S&H

Register at posturalrestoration.com
or call 888-691-4583

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 Tests & Assessment (Lab)
4:15-4:30	Repositioning Through Integrated Isolation Demonstration
4:30-5	Questions

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 Ilio-Sacral 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	Designing Specific Sequenced Home Programs

COURSE OBJECTIVES

- Outline biomechanical principles of lower half musculoskeletal dysfunction as they relate to rotational patterns of the femur, pelvis and lumbar spine and occupational influence.
- 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.
- Develop an interventional plan that includes various activities of daily living positions to decrease asymmetrical musculoskeletal demands.

PELVIS RESTORATION

An Integrated Approach to Treatment of Patterned Pubo-Sacral Pathomechanics

COURSE SCHEDULE

Jan 30-31	Quincy, IL
Feb 20-21	San Diego, CA
Feb 27-28	Richmond, VA
Mar 12-13	Worcester, MA
Apr 2-3	Dallas, TX
Apr 2-3	West Yorkshire, UK
Apr 30-May 1	Miami, FL
May 14-15	Seattle, WA
Jun 10-11	Kearney, NE
Sep 10-11	Chicago, IL
Oct 15-16	New York, NY
Nov 12-13	Rockville, MD

COURSE DESCRIPTION

This advanced lecture and lab course is designed to assist clinicians with those complex patients that are struggling to improve secondary to poor understanding on how to use their pelvis to restore reciprocal function. The clinician will gain an appreciation for the influences of an asymmetrical pelvis and how this imbalance contributes to pelvis 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 while keeping individual activities of daily living in mind.

COURSE OBJECTIVES

- Identify musculature of the pelvic inlet and outlet.
- Understand the respiratory diaphragm and how it integrates with pelvic diaphragm function and rehabilitation.
- Recognize pelvic asymmetry and understand the relationship of pelvic asymmetry and pelvis function required for rest, upright work and pleasure related activity.
- Design a postural isolation and inhibition program that includes the integration of appropriate pubo-sacral dynamics for normal pelvis function.
- Develop an interventional plan and approach using PRI pelvis principles that involve therapeutic use of self-appreciated outcomes.

COURSE AGENDA

DAY ONE

7:30-8	Registration & Light Breakfast
8-9	Introduction to Pelvis Neutrality
9-10	Left Anterior Interior Chain (AIC) and Posterior Exterior Chain (PEC) Influence on the Pelvis
10-10:15	Break
10:15-12	Left AIC and PEC Influence on the Pelvis (cont.)
12-1	Lunch (on your own)
1-2	Left AIC and PEC Influence on the Pelvis (cont.)
2-3	Examination Tests and Assessment (Lab) <ul style="list-style-type: none"> • Standing Reach Test • Adduction Drop Test • Pelvic Ascension Drop Test • Passive Abduction Raise Test • Functional Squat Test • Hruska Adduction Lift Test
3-3:15	Break
3:15-5	Respiratory Influences on the Pelvis

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-9	Respiratory Influences on the Pelvis (Lab)
9-10	Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern
10-10:15	Break
10:15-12	Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern (Case Study)
12-1	Lunch (on your own)
1-3	Treatment of Pelvis Dysfunction as it Relates to the PEC Pattern (Case Study)
3-3:15	Break
3:15-5	Treatment of Pelvis Dysfunction as it Relates to the Pathologic PEC Pattern

REGISTRATION & FEES

Live Course (early)	\$445
Live Course (late-within 4 weeks)	\$475
Home Study Course	\$415 + S&H
Register at posturalrestoration.com or call 888-691-4583	

POSTURAL RESPIRATION

An Integrated Approach to Treatment of Patterned Thoraco-Abdominal Pathomechanics

COURSE SCHEDULE

Jan 30-31	Palm Beach, FL
Feb 27-28	Kansas City, KS
Mar 19-20	Indianapolis, IN
Apr 9-10	Minneapolis, MN
Apr 23-24	Seattle, WA
May 14-15	Guelph, ON
Jun 11-12	Boston, MA
Jun 11-12	Raleigh, NC
Jul 23-24	New South Wales, AU
Jul 30-31	Miami, FL
Aug 13-14	New York, NY
Aug 20-21	Palo Alto, CA
Sep 10-11	Detroit, MI
Oct 1-2	St. Albans, VT
Nov 5-6	Anchorage, AK
Nov 5-6	Philadelphia, PA

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 positionally restricted diaphragm. The focus of this course will be to assess and restore polyarticular muscular chain function of the thorax. Treatment interventions including manual and non-manual techniques to restore reciprocal and alternating respiratory and rotational function of the thorax will be covered. Participants will be able to immediately apply PRI clinical assessment and intervention strategies when treating diagnoses such as shortness of breath, thoracic outlet syndrome and shoulder dysfunction.

COURSE 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 to reduce occupational, leisure and sleep breathing dysfunction.
- Release restricted polyarticular chains and torsional patterns of the trunk through specific manual and non-manual orientation of ventilatory muscle.
- Restore thorax-scapular force couples, rib alignment and abdominal-diaphragm muscle integration for appropriate motor and sensory perceptual skill development of the upper extremities.

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) Relationships
9-10	Faulty Postural Influences Related to Postural Respiration
10-10:15	Break
10:15-11	Faulty Postural Influences Related to Postural Respiration (cont.)
11-12	Respiratory Mechanics of the Thorax: Muscle and Structure
12-1	Lunch (on your own)
1-2	Rib Kinematics
2-3	Left AIC Overview and Objective Testing
3-3:15	Break
3:15-4	Left AIC Non-Manual Techniques (Lab)
4-5	Left AIC Manual Restoration Techniques (Lab)

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-8:30	Overview of Thoracic Mediastinum Function
8:30-9	Brachial Chain: Muscle and Structure
9-9:30	Postural Respiration Functional Relationships
9:30-10	Right BC Evaluation and Assessment Demonstration
10-10:15	Break
10:15-11:15	Superior T4 Airflow
11:15-12	Right Superior T4 Manual Technique (Lab)
12-1	Lunch (on your own)
1-2	Right BC PRI Treatment Guidelines
2-3	Right Subclavius Manual Technique (Lab) and Demonstration of Remaining Manual BC Techniques
3-3:15	Break
3:15-4	Left Lower Trapezius/Left Serratus Anterior Non-Manual Techniques
4-5	Right Lower Trapezius/Right Tricep Non-Manual Techniques

REGISTRATION & FEES

Live Course (early) **\$445**

Live Course (late-within 4 weeks) **\$475**

Home Study Course **\$415 + S&H**

Register at posturalrestoration.com
or call 888-691-4583

CERVICAL REVOLUTION

An Integrated Approach to Treatment of Patterned Cervical Pathomechanics

COURSE SCHEDULE

Jan 16-17	Austin, TX
Feb 14-15	Salem, OR
May 13-14	Lincoln, NE
May 21-22	Bethesda, MD
Jul 9-10	Boston, MA
Aug 27-28	Indianapolis, IN
Sep 10-11	Minneapolis, MN
Sep 30-Oct 1	St. Louis, MO
Oct 15-16	Fort Collins, CO
Nov 5-6	San Francisco, CA
Nov 12-13	Phoenix, AZ

COURSE DESCRIPTION

This advanced lecture and lab course places emphasis on the role the cervical spine plays in the management of cranial function and position. Intercervical, atlanto, occipital, and cranial assessment will help the clinician appreciate occiput, sphenoid and temporal orientation and thus how to proceed in determining what PRI manual or non-manual techniques should be considered. Correlations of airway obstruction, hyoid and vocal cord dysfunction, cervical and cranial symptomology, and temporal-mandibular dysfunction to the left sidebending or right torsion physiologic pattern will be discussed. Specific repatterning techniques will be offered for these two cranial positions of the Right Temporal Mandibular Cervical Chain (TMCC) pattern. Information will be provided on when and how to engage with a dentist regarding oral appliance intervention and fabrication. Participants will be able to immediately apply non-manual techniques to enhance normal functional cervical lordosis, active rotation and freedom for vestibular frontal plane function.

- Prior attendance of *Postural Respiration* is required.
- Please visit our website for more information, including course objectives. posturalrestoration.com

COURSE AGENDA

DAY ONE

7:30-8	Registration & Light Breakfast
8-9	Introductory Remarks on the Cervical Cranial Complex
9-9:30	Neurovascular Implications of Cervical Restriction
9:30-10	Overview of Cervical Revolution Course Main Concepts; Overview of Spinal Coupling as Relates to PRI
10-10:15	Break
10:15-12	Intracervical Function and Examination (Lab)
12-1	Lunch (on your own)
1-2	Occipital Atlanto (Cranio-Cervical) Joint Function and Examination
2-3	Sphenoid <ul style="list-style-type: none"> • Function and Occipital Relationship • Non-Manual Repositioning Techniques
3-3:15	Break
3:15-4:30	Right TMCC Patterned Strain <ul style="list-style-type: none"> • Left Sidebending (Left SB) Position
4:30-5	Left SB Non-Manual Technique <ul style="list-style-type: none"> • Standing Cervical-Cranial Repositioning

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-9	Review of Left SB Physiologic Position; Overview of Left SB PRI Repatterning Techniques
9-10	Right TMCC Patterned Strain <ul style="list-style-type: none"> • Right Torsion Position
10-10:15	Break
10:15-11	Temporal <ul style="list-style-type: none"> • Function and Occipital Relationship
11-12	Right TMCC Pattern Overview
12-1	Lunch (on your own)
1-2:45	Right Torsion Non-Manual Technique <ul style="list-style-type: none"> • Standing Alternating Reciprocal Cranial Expansion
2:45-3	Break
3-4	Occlusal Relationships to Cranial Position and Right TMCC Pattern; Overview of Malocclusion, Tongue Function and Group Function
4-5	PRI Recommended Proprioceptive Occlusal Orthotics

REGISTRATION & FEES

Early Tuition	\$465
Late Tuition (<i>within 4 weeks</i>)	\$495
Register at posturalrestoration.com or call 888-691-4583	

IMPINGEMENT & INSTABILITY

A Unique Approach to the Treatment of Common Impingement and Instability Through PRI Reference Center Integration

COURSE SCHEDULE

Jan 9-10	Phoenix, AZ
Jan 9-10	Lincoln, NE
Mar 5-6	Columbus, OH
Apr 30-May 1	Montreal, QC
May 14-15	Las Vegas, NV
Aug 6-7	Seattle, WA
Sep 24-25	Worcester, MA
Oct 8-9	Minneapolis, MN
Oct 22-23	Richmond, VA

COURSE DESCRIPTION

This advanced lecture and demonstration course will explore issues of impingement and instability as they relate to the Left AIC and Right BC pattern and associated reference centers. 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.

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

COURSE OBJECTIVES

- Identify key anti-gravitational myokinematic and neurologic processes influencing compensatory and non-compensatory patterns of the upright patient, through repatterned anatomical PRI reference centers.
- Recognize sensory influences of internal orientation and compensation on the extended and hypertonic system.
- Manage calcaneal instability and sensory perceptual skills to incorporate calcaneal stability in the frontal plane for daily occupational skills.
- Establish a plan of care reflecting femoral and tibial activity for the patella-femoral patient.
- Facilitate PRI neuromuscular re-training programs for scapula thoracic instability during required and non-required functional activities for maximal performance outcomes.

COURSE AGENDA

DAY ONE

7:30-8	Registration & Light Breakfast
8-9	PRI Concepts of Impingement and Instability <ul style="list-style-type: none"> • Associated Compensatory Patterns • Contributing Factors
9-10	Sagittal vs. Salamander (Frontal Plane)
10-10:15	Break
10:15-11	Interferences and Influences on Gait - An Intuitive Perspective by Ron Hruska <ul style="list-style-type: none"> • Unscientific Interactive Incident Intensity • PRI Gait Analysis
11-12	Left AIC Foot and Ankle Pattern
12-1	Lunch (on your own)
1-3	Calcaneal Instability
3-3:15	Break
3:15-5	Patellar Instability

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-8:30	Overview of Tri-Planar Stability: T8 to Sacral Base
8:30-9	Femoral Instability
9-10	Pelvis Instability and Ischial Tendonitis
10-10:15	Break
10:15-12	Hip and Groin Impingement
12-1	Lunch (on your own)
1-2	Right BC PRI Treatment Guidelines
2-3	Scapula Thoracic Instability <ul style="list-style-type: none"> • Mechanics • Hruska Classification of Scapular Resting Position
3-3:15	Break
3:15-5	Scapula Thoracic Stabilization Related to Impingement and Instability

REGISTRATION & FEES

Early Tuition **\$465**

Late Tuition (*within 4 weeks*) **\$495**

Register at posturalrestoration.com
or call 888-691-4583

ADVANCED INTEGRATION

A Comprehensive Overview of PRI Science Integrated in an Advanced Manner

COURSE SCHEDULE

December 8-11 Lincoln, NE

COURSE DESCRIPTION

This four-day advanced lecture and demonstration course is structured so that clinicians will gain an appreciation for the relationship between pathomechanic and behavioral patterns. It is highly advanced and interactive, and reflects PRI concepts covered in *Myokinematic Restoration*, *Pelvis Restoration* and *Postural Respiration* courses in a system-integrative fashion. Both non-pathologic compensatory and pathologic compensatory issues as they relate to the Left AIC and Right BC pattern will be explored in great 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 musculoskeletal patterns, and pathologic and non-pathologic curvature of the spine, including intervention with daily occupational demands and challenges. This course enables the participant to advance integration of PRI concepts and principles by taking into consideration all patterned muscles outlined in the PRI Primary Courses.

- Prior attendance of *Myokinematic Restoration*, *Pelvis Restoration* and *Postural Respiration* is required.
- A certificate for 30 contact hours will be awarded to attendees upon completion of the course.
- Please visit our website for more information, including course objectives. posturalrestoration.com

REGISTRATION & FEES

Early Tuition **\$825**

Late Tuition (*within 4 weeks*) **\$855**

Register at posturalrestoration.com
or call 888-691-4583

COURSE AGENDA

DAY ONE: *Synchronous Breathing - Sagittal Repositioning of ZOA*

7:30-8	Registration & Light Breakfast
8-10	Introduction; Overview of Respiratory Position and Septal Symmetry
10-10:15	Break
10:15-12	Breathing – Acquiring a ZOA and Posterior Mediastinum Inhibition; Top Integration Concepts
12-1	Lunch (on your own)
1-3	Review of Restoration Techniques
3-3:15	Break
3:15-5	Overview and Integration of Temporal Mandibular Cervical Chain (TMCC)

DAY TWO: *Triplanar Activity - Frontal and Transverse Integration*

7:45-8	Sign-In & Light Breakfast
8-10	Pelvic and Thoracic Diaphragm Integration; PEC Management
10-10:15	Break
10:15-12	Frontal Plane Assessment; Overview of Adduction and Abduction Concepts
12-1	Lunch (on your own)
1-3	Coloring PRI 'Families' of Muscle
3-3:15	Break
3:15-5	Piriformis Syndrome and Ilio-Sacral Joint Dysfunction as Related to Transverse Reciprocal Activity

DAY THREE: *Thoracic Integration - Flexion*

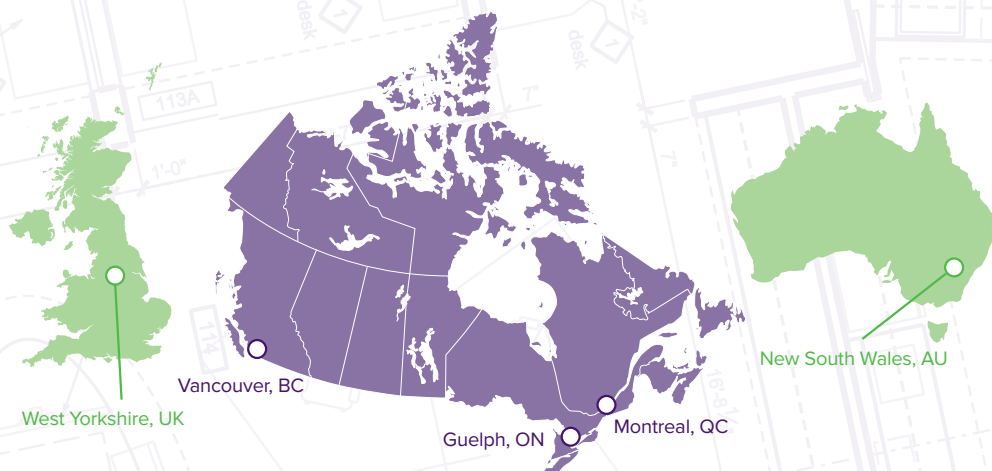
7:45-8	Sign-In & Light Breakfast
8-10	Rib Kinematics; Superior T4 Syndrome; Flat Back Syndrome
10-10:15	Break
10:15-12	Brachial Chain (BC) and Thoracic-Scapula Non-Manual Techniques
12-1	Lunch (on your own)
1-3	Brachial Chain (BC) and Thoracic-Scapula Non-Manual Techniques (cont.)
3-3:15	Break
3:15-5	Gravity vs. Non-Gravity (Swimmers) Integration

DAY FOUR: *Curvature of the Spine*

7:45-8	Sign-In & Light Breakfast
8-9	Pattern vs. Position
9-10	Idiopathic Acquired Scoliosis; Non-Patho and Patho Curves
10-10:15	Break
10:15-12	Idiopathic Acquired Scoliosis Management
12-1	Lunch (on your own)
1-3	Idiopathic Acquired Scoliosis (cont.); Juvenile Kyphosis
3-3:15	Break
3:15-5	Alternating Reciprocal Activity

INTERNATIONAL

United Kingdom, Canada & Australia



COURSE SCHEDULE

Apr 2-3	West Yorkshire, UK	Pelvis Restoration
Apr 30-May 1	Montreal, QC	Impingement & Instability
May 14-15	Guelph, ON	Postural Respiration
Jul 16-17	New South Wales, AU	Myokinematic Restoration
Jul 23-24	New South Wales, AU	Postural Respiration
Oct 8-9	Vancouver, BC	Myokinematic Restoration

COURSE INFORMATION

We are excited to return to the UK and Canada in 2016 for additional PRI courses! We will also be hosting our first two courses in Australia in 2016! PRI courses offered in the UK, Canada and Australia will be taught in English. Upon successful completion of the course, each course participant will receive a certificate of completion for 15 contact hours. All courses in the UK, Canada and Australia will be eligible for CEUs through the National Strength and Conditioning Association (NSCA) and the Board of Certification, Inc. (BOC). Courses in Canada will also be eligible for CEUs through the Canadian Athletic Therapist's Association (CATA).

For more information about these courses and to register, please visit our website, posturalrestoration.com

COURSES

Japan



COURSE SCHEDULE

Apr 16-17	Nagoya, JP	Myokinematic Restoration
May 21-22	Tokyo, JP	Myokinematic Restoration
Jul 2-3	Fukuoka, JP	Myokinematic Restoration

COURSE INFORMATION

We are excited to be returning to Japan in 2016! PRI courses offered in Japan are taught in Japanese, and are accompanied with a course manual that has also been translated so that it includes both English and Japanese text for the course attendee. Courses offered in Japan are eligible for CEUs through the National Strength and Conditioning Association (NSCA – Japan), and the Board of Certification, Inc. (BOC).

For more information about these courses and to register, please visit our Japan website, posturalrestoration.com/japan

講習会のお知らせ

PRIの講習会が去年に引き続き日本にやってきます！日本で行われるPRIの講習会は日本人講師により日本語で受講する事が出来ます。付属のテキストも日本語訳されたものと英語の原本を両方用意しており、一緒に学んでいただけます。

また日本でのPRI講習会はNational Athletic Trainers' Association Board of Certification (NATA-BOC)及びNational Strength and Conditioning Association (NSCA ジャパン)の公認 CEU プロバイダーとして認定されており、講習会受講者には CEU が付与されます。詳細及び講習会の申し込みについては PRI ジャパンのウェブサイトをご覧ください！

posturalrestoration.com/japan

INTERDISCIPLINARY INTEGRATION

Sound Effects on Posture: An Interdisciplinary Approach to Enhance Sensory Processing

April 14-15 Lincoln, NE

DESCRIPTION

This 8th Annual Interdisciplinary Integration Symposium will allow the attendee to learn how sound influences and affects us biologically, posturally and mentally. The 7 speakers from 6 different professions will give new and updated insight into what the sounds of our world have to do with how we think, feel and interact. The speakers will reflect on auditory integration, binaural influences on executive function, lateralization of sound processing, audio frequency, breathing, conduction, resonance, listening and audio-vocal synchrony as related to sensory processing. The course attendee will receive information on the most up to date research on auditory processing and will learn when to refer, and to whom, when it is recognized. A review of a multidimensional approach will be used to differentiate diagnosis of central auditory processing disorders. Clinical discussion on how tympanic tonus influences body tonus will allow the attendee to understand how listening can be used to change functional outcomes. The relationships between audition and vision will be outlined by reflecting on how auditory localization influence visual processing for spatial re-localization. Commonly misdirected thinking about tinnitus, hyperacusis, phonophobias, and misophonia will help the clinician understand their role when these disorders exist, and how one can modify these reactions through habituation of reaction processes. Three speakers will discuss how our bodies use rhythm, resonance, reverberation and sounds of music for human performance, powered patterns and learned perception. Case studies, clinical recommendations for processing disorders as they relate to postural patterns, and a panel discussion by all the speakers will round out this event. Each speaker will apply neuroscience applications and clinical suggestions and recommendations whenever possible. Writer and actor Rhonda Musak brings a world premiered funny and moving piece that takes the audience on a triumphant, auto-biographical journey through the trials and tribulations of being different, and ultimately to self-discovery and healing. *Rhonda Badonda: The Adventures of a Girl with a Pain in Her Brain*, will be presented at the end of the first day of this year's symposium. Rhonda has taught acting in NYC for 15 years and her reviews include, "Rhonda dances her way across the stage, often on pointe, runs the gamut of emotions in a moment, and uses her voice like a musical instrument."

OBJECTIVES

- Be able to distinguish the difference in monosensory versus bi-sensory auditory processing.
- Identify the clinical reasoning behind treatment programs for those with sensory processing disorders versus auditory processing disorders.
- Learn how sound affects the vestibule pattern of reflexive retention and how the "ear" affects human development.
- Identify postural, mechanical and behavioral characteristics of those with audio-visual mismatch and the parallels between auditory and visual processing.
- Learn how to use the auditory system's influences for visual and sensory processing, and spatial reorientation.
- Recognize when and how to use practical and appropriate vocal control and vocal activity to achieve balanced bone and larynx vibration.

AGENDA

DAY ONE

- 7:30-8 Registration & Light Breakfast
- 8-8:30 Opening Remarks
by Ron Hruska, MPA, PT
- 8:30-10:30 A Cognitive Framework for Auditory Processing Disorders
by Rachel Loveless, Au.D., CCC-A
- 10:30-10:45 Break
- 10:45-12 Do You Hear What I Hear? – A Personal Experience with Sensory and Auditory Processing Disorder
by Jennifer Bullock, PT, OCS, PRC
- 12-1 Lunch (on your own)
- 1-2 A.A. Tomatis – The Man and His Method of Learning to Live Using Hearing and Voice
by Valerie Dejean, OT
- 2-3 Knowing Where you Are – Visual and Auditory Interconnectivity
by Heidi Wise, OD, FCOVD
- 3-3:15 Break
- 3:15-4 What is Music? – How to Appreciate the Sounds within Music
by Heidi Wise, OD, FCOVD
- 4-5:30 Rhonda Badona: The Adventures of a Girl with a Pain in Her Brain
by Rhonda Musak

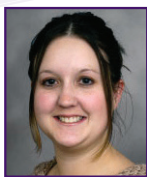
DAY TWO

- 7:45-8 Sign-In & Light Breakfast
- 8-9:30 Build a Mind – The Role of the Ear and Sound on the Emergence of our Modern Cognitive Architecture
by Valerie Dejean, OT
- 9:30-10 Hyperacusis, Tinnitus and Misophonia – What It Is and What It Is Not
by Ron Hruska, MPA, PT
- 10-10:15 Break
- 10:15-11:30 Rhythm, Resonance and Reverberation
by Ron Hruska, MPA, PT & Heidi Wise, OD, FCOVD
- 11:30-12 Human Production of Postural Patterns through Biological Instrumentation
by Ron Hruska, MPA, PT
- 12-1 Lunch (on your own)
- 1-2:30 Evolution, Illusion, and Neurofeedback – Harnessing the Power of Sound during Performance
by Matthew Uohara, CSCS, PRT
- 2:30-3 How to Use the Sounds within Music
by Ron Hruska, MPA, PT & Heidi Wise, OD, FCOVD
- 3-3:15 Break
- 3:15-4 Case Studies; Clinical Recommendations for Processing Disorders as They Relate to Postural Patterns
by Ron Hruska, MPA, PT & Heidi Wise, OD, FCOVD
- 4-5 Panel Discussion with All Symposium Speakers

SPEAKERS



Ron Hruska, MPA, PT



Rachel Loveless,
Au.D., CCC-A



Jennifer Bullock, PT,
OCS, PRC



Valerie Dejean, OT



Heidi Wise, OD, FCOVD



Rhonda Musak, Actress



Matthew Uohara,
CSCS, PRT

REGISTRATION & FEES

Early Tuition **\$465**

Late Tuition (within 4 weeks) **\$495**

Register at posturalrestoration.com or call 888-691-4583

**Please register early. Registration is limited to 120 seats.*

PRI INTEGRATION FOR THE HOME

Restoring Function Through Respiration and Alternating Reciprocal Movement

COURSE SCHEDULE

Feb 13-14	Fort Collins, CO
Aug 21-22	Salem, OR
Oct 15-16	Seattle, WA
Oct 29-30	Warner Robins, GA

COURSE DESCRIPTION

This advanced lecture and lab course is designed to assist clinicians in restoring function in the home through respiration and alternating reciprocal movement of the patterned human body. The clinician will gain an appreciation for PRI fundamental principles. Emphasis will be placed on PRI tri-planar concepts and assessment tests related to the thorax, hip, and ankle. Participants will be able to immediately apply PRI techniques to improve function of bed mobility, transfers, balance, and gait through restoration of alternating reciprocal movement and respiration utilizing a PRI treatment approach designed for the home.

COURSE OBJECTIVES

- Understand the influence of respiration on home functional mobility.
- Recognize the human asymmetrical patterns that influence alternating reciprocal motion in the home.
- Assess alternating reciprocal movement dysfunction in the home.
- Design a functional program for the home setting using PRI concepts and techniques to restore alternating reciprocal function of the thorax and extremities.

COURSE AGENDA

DAY ONE

7:30-8	Registration & Light Breakfast
8-10	Introduction to PRI and the Patterned Human Body
10-10:15	Break
10:15-12	The Influence of Respiration and Zone of Apposition (ZOA) on PRI Assessment Tests
12-1	Lunch (on your own)
1-2	Overview of the Thorax and Shoulder (BC) Pattern as Related to Respiration Examination & Assessment (Lab)
2-3	Overview of the Pelvis and Hip (AIC) Pattern as Related to Stance and Swing Phases of Gait
3-3:15	Break
3:15-5	Overview of the Pelvis and Hip (AIC) Pattern as Related to Stance and Swing Phases of Gait (cont.) Examination & Assessment (Lab)

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-9	Managing Functional Routines in the Home
9-10	Bed Mobility in the Home: Improving Self-Mobility Treatment Recommendations (Lab)
10-10:15	Break
10:15-12	Transfers in the Home: Improving Self-Mobility Treatment Recommendations (Lab)
12-1	Lunch (on your own)
1-3	Balance in the Home: Improving Single Leg Mobility Treatment Recommendations (Lab)
3-3:15	Break
3:15-5	Gait in the Home: Improving Floor Mobility Treatment Recommendations (Lab)

REGISTRATION & FEES

Early Tuition **\$445**

Late Tuition (*within 4 weeks*) **\$475**

Register at posturalrestoration.com
or call 888-691-4583

PRI INTEGRATION FOR BASEBALL

Restoring Reciprocal Performance in the Patterned Baseball Player

COURSE SCHEDULE

Jan 15-16	Phoenix, AZ
Aug 12-13	Philadelphia, PA
Nov 11-12	Port St. Lucie, FL

COURSE DESCRIPTION

This advanced lecture and lab course will explore asymmetrical human patterns and how they contribute to patho-mechanical respiration and movement in the baseball player. Participants will gain an appreciation for PRI fundamental principles and will learn PRI assessment tests specific to baseball performance. Upper half program development will focus on restoring balanced rib alignment, thoracic-scapular force couples, and abdominal-diaphragm muscle integration to prevent and alleviate UCL, shoulder labrum, rotator cuff, and oblique injuries. Lower half program development will focus on lumbo-pelvic and pelvic-femoral integration to prevent and alleviate low back strain, hip impingement, and knee torsion.

COURSE OBJECTIVES

- Describe how polyarticular chain asymmetry can lead to position-specific dysfunction in the baseball athlete.
- Assess thoracic scapula and scapula thoracic mechanics for tri-planar performance.
- Improve rotational power and unlock tri-planar performance using principles of inhibition and balanced muscle integration.
- Design a PRI neuromuscular inhibition program for position-specific issues in the baseball athlete.

COURSE AGENDA

DAY ONE

7:30-8	Registration & Light Breakfast
8-10	Introduction to PRI and the Patterned Human Body
10-10:15	Break
10:15-12	The Influence of Respiration and Zone of Apposition (ZOA) on PRI Assessment Tests
12-1	Lunch (on your own)
1-1:45	Throwing Mechanics Overview
1:45-3	Patterned Influences on Throwing Faults
3-3:15	Break
3:15-4	Patterned Influences on Hitting Faults
4-5	Throwing and Hitting Patterns Seen in Right and Left Handed Players

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-10	PRI Baseball Examination Tests <ul style="list-style-type: none"> • Quadruped Reciprocal TS/ST Stability Test • Seated Functional Trunk Integration Test • Standing Eversion AF Abduction with Trunk Rotation Test
10-10:15	Break
10:15-12	PRI Baseball Examination Tests (Lab)
12-1	Lunch (on your own)
1-2	Scapular/Humeral and Humeral/Radial Patterns
2-3	Rotational Patterns of the Thorax
3-3:15	Break
3:15-4	Patterned Treatment Considerations
4-5	Pitching Performance Training

*Be sure to check out *PRI Vision Integration for the Baseball Player* (page 20), being offered the following day.

REGISTRATION & FEES

Early Tuition	\$445
Late Tuition (within 4 weeks)	\$475
Register at posturalrestoration.com or call 888-691-4583	

PRI INTEGRATION FOR FITNESS & MOVEMENT

Restoring Tri-Planar Performance Through Respiration and Alternating Reciprocal Activity

COURSE SCHEDULE

Feb 20-21	Seattle, WA
Feb 27-28	Chicago, IL
Aug 6-7	Dallas, TX
Sep 17-18	Boston, MA
Nov 19-20	Phoenix, AZ

COURSE DESCRIPTION

This advanced lecture and lab course is designed to assist personal trainers, fitness instructors, coaches, sports medicine professionals, and movement enthusiasts in restoring tri-planar function and core performance. Participants will gain an appreciation for PRI fundamental principles as applied to various fitness, performance, and rehabilitation settings. PRI based screening tools will be provided to guide exercise selection, technique cueing, and programming. Emphasis will be placed on biomechanical components of gait and thoracic position while additional emphasis is placed on neurological movement concepts like breathing, grounding and proprioceptive integration. Lab sessions will allow participants to experience each of the principles presented and learn how to immediately apply concepts in their setting. Programs will be designed to restore alternating reciprocal movement patterns to optimize athletic durability.

COURSE OBJECTIVES

- Discuss how breathing and airflow patterns affect core performance, trunk stability, and athletic durability.
- Recognize the human asymmetrical patterns that influence muscle recruitment and power development.
- Discuss tri-planar mechanics and the requirements for upper and lower body integration to occur without compensation.
- Learn when, why, and how to reach out to other specialists and health professionals to optimize service excellence in your community.

COURSE AGENDA

DAY ONE

7:30-8	Registration & Light Breakfast
8-10	Introduction to PRI and the Patterned Human Body
10-10:15	Break
10:15-12	The Influence of Respiration and Zone of Apposition (ZOA) on PRI Assessment Tests
12-1	Lunch (on your own)
1-1:30	Application, Gravity, Loading
1:30-3	Thoracic Posture
3-3:15	Break
3:15-4:30	Sagittal Plane Preservation
4:30-5	Sagittal Plane Screening and Inhibition (Lab)

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-9	Tri-Planar Phases of Gait
9-10	Sagittal Programming (Lab)
10-10:15	Break
10:15-11	Sensing Position and the Ground
11-12	Frontal Plane Preservation
12-1	Lunch (on your own)
1-2:15	Frontal Plane Screening and Programming (Lab)
2:15-3	Transverse Plane Preservation
3-3:15	Break
3:15-4	Transverse Plane Screening and Programming (Lab)
4-5	Program Design and Interdisciplinary Integration

REGISTRATION & FEES

Early Tuition	\$445
Late Tuition (<i>within 4 weeks</i>)	\$475

Register at posturalrestoration.com
or call 888-691-4583

POSTURAL-VISUAL INTEGRATION

A Neurological Intervention for Embedded Postural Patterns

COURSE SCHEDULE

Feb 19-20	St. Louis, MO
Apr 23-24	New York, NY
Sep 24-25	Seattle, WA
Oct 7-8	Lincoln, NE

COURSE DESCRIPTION

This course will utilize PRI concepts of asymmetry and visuospatial integration to change biomechanics of postural stability. The speakers have dedicated their careers to addressing postural and visual imbalance. The course attendee will learn how to utilize scientific principles from the fields of physical and optometric rehabilitative medicine in a unique approach for assessment and management of dysfunction related to poor sensory processing of spatial and ground references. The course attendee will be able to integrate this approach with their present treatment or training protocol.

COURSE OBJECTIVES

- Be able to outline the three levels of integrative visual dysfunction.
- Learn how to reduce torque and tension on the patient with patterned postural embedded strategies through visual integration.
- Understand how the visual autonomic system can directly influence neuromuscular tension and tone.
- Develop an appreciation and understanding for all three phases of visual integration.
- Design a head on body and body on body functional orthostatic program that utilizes PRI Vision concepts.

REGISTRATION & FEES

Early Tuition **\$495**

Late Tuition (*within 4 weeks*) **\$525**

Register at posturalrestoration.com
or call 888-691-4583

COURSE AGENDA

DAY ONE

7:30-8	Registration & Light Breakfast
8-8:30	"Sight" vs. "Vision"
8:30-9:30	Visual Function of the Stance Cycle of Gait
9:30-10	Centering – Upright Postural Control During Midstance Using Ground and Visuo-Spatial Integration
10-10:15	Break
10:15-12	Demonstration of Visual Behaviors and Modification During Stance Cycle of Gait
12-1	Lunch (on your own)
1-1:30	Overview of PRI Vision Concepts as Related to Tri-Planar Function
1:30-2	How to Interpret Visual Prescriptions Using PRI Vision Concepts
2-3	PRI Vision Integration Assessment (Lab)
3-3:15	Break
3:15-3:30	Considerations for Seated Visual Integration Testing and Activity
3:30-4	Visual Findings that Reflect Neural Neutrality – Current Theories
4-5	Overview of Appendix Material

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-10	Level I Postural-Visual Dysfunction <ul style="list-style-type: none"> • Visual Behavior Issues During the Cycle of Gait • Common Visual Findings • Treatment Consideration
10-10:15	Break
10:15-11	Identification and Treatment Considerations of Level II & Level III Postural-Visual Dysfunction
11-12	Introduction to Phases of Treatment for PRI Vision Sensory Integration Program
12-1	Lunch (on your own)
1-2	Phase I PRI Vision Treatment Techniques (Lab)
2-3	Phase II PRI Vision Treatment Techniques (Lab)
3-3:15	Break
3:15-4	Phase III PRI Vision Treatment Techniques (Lab) Thoracic Rotation Supplemental Activities for Thoracic Sensory Awareness (Lab)
4-5	Case Examples and Questions

PRI VISION INTEGRATION FOR THE BASEBALL PLAYER

Applying Visual Concepts in the Treatment of the Patterned Baseball Player

COURSE SCHEDULE

Jan 17	Phoenix, AZ
Aug 14	Philadelphia, PA
Nov 13	Port St. Lucie, FL

COURSE DESCRIPTION

This one day course will offer the participant the ability to recognize visuospatial influences on the baseball player's ability to throw and hit a baseball. Intervention programs will include integration of specific visual integration guidelines to improve interfering patterned strategies used during throwing and batting, building on *PRI Integration for Baseball* recommendations. Correlations between player performance and visual-sensory processing will be outlined through case management examples. It is the presenter's desire to foster a more meaningful and enriching experience between coaches, athletic trainers and baseball players, as individual throwing and batting visual influences are assessed.

COURSE OBJECTIVES

- Learn how to recognize and identify visual influences on common overuse injuries discussed in *PRI Integration for Baseball*.
- Learn how to successfully manage the baseball player's visual influences on faulty strategies for throwing and batting.
- Maximize unlimited function of the thorax during throwing and batting using appropriate integration of sensory information from the feet and visual system.

COURSE AGENDA

7:30-8	Registration & Light Breakfast
8-9	Introduction to Vision's Role in the Patterned Physical Performance of the Baseball Player
9-9:30	PRI Vision Integration for the Baseball Player
9:30-10	Visual Concepts for PRI Vision Integration for the Baseball Player
10-10:15	Break
10:15-11:15	Visual Concepts for PRI Vision Integration for the Baseball Player (Lab)
11:15-12	PRI Biomechanical and Sensory Requirements for PRI Vision Integration Performance Tests
12-1	Lunch (on your own)
1-2	PRI Biomechanical and Sensory Requirements for PRI Vision Integration Performance Tests (Lab)
2-2:30	Perception and Action
2:30-3	PRI Vision Integration Techniques for the Baseball Player Including Visual Concept Applications
3-3:15	Break
3:15-4	PRI Vision Integration Techniques for the Baseball Player (Lab)
4-4:30	Case Management of the Baseball Player
4:30-5	Case Study Summaries of the Baseball Player / Questions

REGISTRATION & FEES

Early Tuition	\$275
Late Tuition (within 4 weeks)	\$305
Register at posturalrestoration.com or call 888-691-4583	

PRI AQUATICS

An Integrated Treatment Approach Using Water For Neurodynamic Sensory Repatterning

COURSE SCHEDULE

Jan 30-31 Essex Junction, VT

COURSE DESCRIPTION

This course is designed for those who are interested in learning how water can be used to repattern land-based learned strategies of movement for controlled postural adaptation. Integrated use of water depth, specific direction of flow, and speed of water flow can all enhance reduction of sensory input that inhibits appropriate regulation of neural orthostatic mechanics or increases sensory input that facilitates appropriate lateralized neuro-orthopedic integration for land-based forward progression, using all four extremities. Lateralized patterns of movement and asymmetrical human form concepts, as outlined by the Postural Restoration Institute (PRI), will be considered when developing aquatic treatment programs using seven PRI Aquatics stations in the PRIORI pool and two stations in the PRISM pool. Some of these aquatic treatment approaches could be applied in the conventional pool setting.

COURSE OBJECTIVES

- Learn how to integrate patterned frontal and transverse plane neurodynamics using PRI Aquatics hydrodynamics to reduce gravity generated sagittal plane neuromuscular effort.
- Recognize how rhythmic sequential, and programmable water flow can facilitate spinal and proximal stabilization for desired distal movement rehabilitation.
- Be able to expand your knowledge on how to integrate PRI patterned aquatic methods with other conventional pool and aquatic therapeutic methods.
- Identify how patterned flow of water can influence sensory processing of visuospatial and ground orientation when working with patients who experience orthostatic symptoms, dizziness, lightheadedness, instability or other upright dysautonomic experiences.
- Facilitate primary diaphragmatic respiration using PRI positional practices to challenge non-aquatic environmental accessory respiratory patterning.

COURSE AGENDA

DAY ONE

7:30-8	Registration & Light Breakfast
8-10	Hydrodynamics Influence on Motor Attention, Motor Planning and Performance of Gait and Standing Balance
10-10:15	Break
10:15-10:30	Overview of the PRIORI (PRI Optimal Reflex Inhibition) Pool Science, Stations and Sequence Selection
10:30-12	Purpose of Jet Placement and Function of the: <ul style="list-style-type: none">• Deep Well Station• Aqua Skate Station• Rotation Cove Station• Hemi-Hula Hoop Station• Bench Station• Wall Reach Station• Retro Stair Station
12-1	Lunch (on your own)
1-3	Aquatic Lab Demonstration and PRI Clinical Application of the PRIORI Pool Stations
3-3:15	Break
3:15-5	Aquatic Lab Demonstration and PRI Clinical Application of the PRIORI Pool Stations (cont.)

DAY TWO

7:45-8	Sign-In & Light Breakfast
8-10	Overview of the PRISM (PRI Sequential Movement) Pool Science and its Ability to Change Current Leg and Trunk Position that is Based on Past Experience of Walking
10-10:15	Break
10:15-12	Aquatic Lab Demonstration and PRI Clinical Application Using Clockwise Water Resistance for Ground Based Repositioning
12-1	Lunch (on your own)
1-3	Aquatic Lab Demonstration and PRI Clinical Application Using Counterclockwise Resistance for Thoracic-Abdominal Repatterning
3-3:15	Break
3:15-5	Applying PRI Aquatic Concepts and PRI Non-Manual Techniques to Conventional Pool Designs and Programs

REGISTRATION & FEES

Early Tuition	\$445
Late Tuition (<i>within 4 weeks</i>)	\$475
Register at posturalrestoration.com or call 888-691-4583	

FACULTY & SPEAKERS



Sayuri Abe-Hiraishi,
MS, ATC, LAT, CSCS,
PES, CES, PRT
PRI Faculty



James Anderson, MPT, PRC
Director of Affiliate Courses
PRI Faculty
PRI Affiliate Course Speaker



Julie Blandin,
PT, ATC, CSCS, PRC
PRI Affiliate Course Speaker



Michael Cantrell, MPT, PRC
Director of Faculty Development
PRI Faculty



Robert "Skip" George,
DC, CSCS, CCSP, PRC
PRI Faculty



Allen Gruver,
PT, ATC, CSCS, PRC
PRI Affiliate Course Speaker



Jesse Ham, PT, CMP, PRC
PRI Faculty



Ron Hruska, MPA, PT
Director of PRI
PRI Faculty
PRI Vision Faculty
PRI Aquatics Faculty



Kentaro Ishii, MS, ATC, LAT,
CSCS, PES, CES, PRT
PRI Faculty



Jennifer Poulin, PT, PRC
PRI Faculty



Lori Thomsen, MPT, PRC
PRI Faculty



Heidi Wise, OD, FCOVD
PRI Vision Faculty

WE'RE MOVING!



*Architectural model of the new PRI Headquarters.
Located at 5255 R Street, Lincoln, NE 68504*



Opening March 2016!

Mark your calendars to attend the first event in the new building, our 8th Annual Interdisciplinary Integration Symposium on April 14-15th!



5241 R Street
Lincoln, NE 68504

posturalrestoration.com

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