2014 PROGRAMS & COURSES

POSTURALRESTORATION.COM

Postural Restoration Institute®

2014 PROGRAMS & COURSES

January 11-12	Lincoln, NE
January 13-14	PRT Testing
January 17-18	St. Louis, MO
January 18-19	Minneapolis, MN
January 25-26	Phoenix, AZ
February 8-9	Portland, OR
February 8-9	Coppell, TX
February 8-9	Philadelphia, PA
February 15-16	Las Vegas, NV
February 22-23	Urbana, MD
March 1-2	Dallas, TX
March 1-2	Indianapolis, IN
March 7-8	Lincoln, NE
March 8-9	Phoenix, AZ
March 22-23	Prescott Valley, AZ
March 22-23	Montreal, QC
March 29-30	New York, NY
April 5-6	Santa Clara, CA
April 5-6	Tucson, AZ
April 5-6	Seattle, WA
April 10-11	Lincoln, NE
April 26-27	Windsor, ON
April 26-27	Boston, MA
April 26-27	Grayslake, IL
May 3-4	Chapel Hill, NC
May 17-18	Richmond, VA
May 31-June 1	Pittsburgh, PA
May 31-June 1	Spokane, WA
June 7-8	Columbus, OH
June 7-8	Lincoln, NE
June 21-22	Boston, MA
June 28-29	Stanford, CA
August 2-3	Boston, MA
August 9-10	Indianapolis, IN
August 16-17	Santa Cruz, CA
August 22-23	Lincoln, NE
August 23-24	Madison, WI
September 6-7	Seattle, WA
September 6-7	Gillette, WY
September 13-14	Montreal, QC
September 13-14	Canton, CT
September 13-14	Portland, OR
September 15	PRC Applications Due
September 19-20	St. Louis, MO
September 20-21	Wilmette, IL
September 27-28	Las Vegas, NV
October 4-5	Cary, NC
October 10-11	Lincoln, NE
October 11-12	St. Albans, VT
October 15	PRT Applications Due
October 18-19	Portland, OR
October 18-19	New York, NY
October 25-26	Greensboro, NC
November 1-2	Tucson, AZ
November 8-9	Salem, OR
November 8-9	Minneapolis, MN
November 15-16	Phoenix, AZ
November 14-15	Phoenix, AZ
November 21-22	Clearwater, FL
December 4-7	Lincoln, NE
December 8-9	PRC Testing

- Myokinematic Restoration
- Pelvis Restoration
- Postural Respiration
- Cervical-Cranio-Mandibular Restoration
- Impingement & Instability
- Advanced Integration
- Interdisciplinary Integration
- PRI Affiliate Courses
- PRI Vision Courses
- PRI Credentialing

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.

Physical Therapists and PT Assistants

In the states where PRI is sponsoring courses and where pre-authorization through state American Physical Therapy Association (APTA) or licensing agencies is required, PRI has earned approval for CEUs for Physical Therapists and Physical Therapist Assistants.

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

Occupational Therapists and OT Assistants

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

The American Occupational Therapy Association (AOTA) recognizes PRI as an Approved Provider of continuing education. Approval applies to 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.

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

Athletic Trainers

PRI is recognized by the Board of Certification, Inc (BOC) to offer continuing education for Certified Athletic Trainers (#P2376).

AT's with Certification through the BOC are eligible to apply for Postural Restoration Trained™ (PRT).

Strength and Conditioning Coaches

NSCA CEU APPROVED

PRI courses are approved by the National Strength and Conditioning Association (NSCA).

Strength and Conditioning Coaches with CSCS Certification through the NSCA or SCCC Certification through the CSCCa are eligible to apply for Postural Restoration Trained™ (PRT).

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 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.

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®.

PRC
Postural Restoration Certified™

The Postural Restoration Certified™ (PRC) credentialing program was established in 2004, and is available to Physical Therapists, Physical Therapist Assistants, and Occupational Therapists 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

PRT
Postural Restoration Trained™

The Postural Restoration Trained™ (PRT) credentialing program was established in 2011, and is available to Athletic Trainers (with Certification through the BOC) 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

PRC

Application Deadline
September 15, 2014

Testing
December 8-9, 2014

PRT

Application Deadline
October 15, 2014

Testing
January 12-13, 2015

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

MYOKINEMATIC RESTORATION

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

January 18-19	Minneapolis, MN
February 8-9	Coppell, TX
February 15-16	Las Vegas, NV
March 22-23	Montreal, QC
April 5-6	Tucson, AZ
April 5-6	Seattle, WA
April 26-27	Boston, MA
May 31-June 1	Pittsburgh, PA
May 31-June 1	Spokane, WA
June 7-8	Columbus, OH
August 2-3	Boston, MA
August 9-10	Indianapolis, IN
August 16-17	Santa Cruz, CA
August 23-24	Madison, WI
September 6-7	Gillette, WY
September 13-14	Canton, CT
October 11-12	St. Albans, VT

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 ilio-sacral joint dysfunction and low back strain.

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 • Adduction Drop Test • Extension Drop Test • Femoral-Acetabular (FA) Rotation • Trunk Rotation • Hruska Adduction Lift Test • Hruska Abduction Lift Test • Standing Reach Test
3-3:15	Break
3:15-4:15	Examination & 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

PELVIS RESTORATION

An Integrated Approach to Treatment of Patterned Pubo-Sacral Pathomechanics

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 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.

Objectives

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

January 17-18	St. Louis, MO
February 22-23	Urbana, MD
March 22-23	Prescott Valley, AZ
April 5-6	Santa Clara, CA
September 13-14	Montreal, QC
October 4-5	Cary, NC
October 18-19	Portland, OR
October 18-19	New York, NY
November 1-2	Tucson, AZ
November 8-9	Minneapolis, MN

Course Agenda

Day One

7:30-8	Registration & Light Breakfast
8-9	Introduction to the Pelvic Floor
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'd)
12-1	Lunch (on your own)
1-2	Left AIC and PEC Influence on the Pelvis (cont'd)
2-3	Examination Tests and Assessment (Lab) • 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

POSTURAL RESPIRATION

An Integrated Approach to Treatment of Patterned Thoraco-Abdominal Pathomechanics

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 thorax will be covered. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as chronic fatigue syndrome, thoracic outlet syndrome and shoulder dysfunction.

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 thorax through specific manual and non-manual orientation of ventilatory muscle.
- Restore thoracic-scapular force couples, rib alignment and abdominal-diaphragm muscle integration.

January 25-26	Phoenix, AZ
February 8-9	Portland, OR
March 1-2	Indianapolis, IN
March 29-30	New York, NY
April 26-27	Windsor, ON
June 21-22	Boston, MA
June 28-29	Stanford, CA
September 6-7	Seattle, WA
September 27-28	Las Vegas, NV

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'd)
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

CERVICAL-CRANIO-MANDIBULAR RESTORATION

An Integrated Approach to Treatment of Patterned Temporomandibular and Cervical Dysfunction

Description

- *Prerequisite Course: Postural Respiration*

This advanced lecture and lab course is structured so that clinicians will gain a 'system' appreciation for the relationships between cervicothoracic, cervicocranial and craniomandibular dysfunction and disorders. The focus of this course will be to evaluate, treat and manage cranial joint compression and instability dysfunction as it relates to upper quarter asymmetry, cranial osteo 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 diagnosis such as TMD, headaches, facial and cervical pain.

Objectives

- Recognize and evaluate contributing influences of cervicothoracic, craniocervical, and craniomandibular compression disorders and torsional constraint.
- Distinguish cranial versus mandibular adaptation patterns of TMD.
- Design a neuro-strengthening and stabilization program for cervical, brachial and craniomandibular instabilities.
- Identify appropriate management sequence of TMD and cervical dysfunction using PRI principles.

February 8-9	Philadelphia, PA
May 17-18	Richmond, VA
September 19-20	St. Louis, MO
October 10-11	Lincoln, NE
November 15-16	Phoenix, AZ

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 Techniques Demonstration and Lab
4-5	Cranial Flexion Non-Manual Techniques

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)
1-3	Right TMCC Tests Demonstration, Right TMCC Manual Techniques Lab: Fronto Occipital (Right), Sphenobasilar Flexion (Right)
3-3:15	Break
3:15-4:15	Right TMCC Non-Manual Techniques
4:15-5	Mandibular Temporal Joint Integrative Management

IMPINGEMENT & INSTABILITY

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

Description

- *Prerequisite Courses: Myokinematic Restoration and Postural Respiration*

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, femoral 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.

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 retraining programs for scapular-thoracic instability.

January 11-12	Lincoln, NE
March 1-2	Dallas, TX
May 3-4	Chapel Hill, NC
September 20-21	Wilmette, IL
November 8-9	Salem, OR

Course Agenda

Day One

7:30-8	Registration & Light Breakfast
8-9	PRI Concepts of Impingement and Instability • 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 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	Femoral 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	Ilium Instability
9-10	Ilio-Sacral Instability 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 • Mechanics • Hruska Classification of Scapular Resting Position
3-3:15	Break
3:15-5	Scapular-Thoracic Stabilization Related to Impingement and Instability

ADVANCED INTEGRATION

A Comprehensive Overview of PRI Science Integrated in an Advanced Manner

December 4-7 Lincoln, NE

Description

- *Prerequisite Courses: Myokinematic Restoration, Pelvis Restoration and Postural Respiration*

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 a system-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. This course enables the participant to advance integration of PRI concepts and principles by taking into consideration all patterned muscles outlined in the PRI Introductory Courses.

Please visit our website for detailed course objectives.

Course Agenda

Day One: Thursday, December 4th

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	Temporal Mandibular Cervical Chain (TMCC) Overview

Day Two: Friday, December 5th

Triplanar Activity – Frontal and Transverse Integration

7:45-8	Sign-In & Light Breakfast
8-10	Pelvis and Diaphragm; PEC Patients
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 Correlations
3-3:15	Break
3:15-5	Piriformis Syndrome and Ilio-Sacral Joint Dysfunction as Related to Transverse Reciprocal Activity

Day Three: Saturday, December 6th

Thoracic-Scapular Integration

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-Scapular Non-Manual Techniques
12-1	Lunch (on your own)
1-3	BC and Thoracic-Scapular Non-Manual Techniques (cont'd)
3-3:15	Break
3:15-4:15	Gravity vs. Non-Gravity (Swimmers) Integration
4:15-5	Podiatry Integration

Day Four: Sunday, December 7th

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 (cont'd)
12-1	Lunch (on your own)
1-3	Idiopathic Acquired Scoliosis (cont'd); Juvenile Kyphosis
3-3:15	Break
3:15-5	Alternating Reciprocal Activity

INTERDISCIPLINARY INTEGRATION

Gas & Gravity

April 10-11 Lincoln, NE

Description

Our 6th Annual Interdisciplinary Integration course brings together six highly regarded professionals to share their expertise on the subjects of pulmonary gas exchange and gravitational influences affecting human form and function. This symposium will include interactive discussion on topics that reduce undesirable neuromuscular patterns of activity. These topics will include how our body has adapted to or contends with the low ratio of carbon dioxide production to alveolar ventilation (hyperventilation) and the speed of falling towards the earth's surface at an acceleration rate of 9.8 meters per second squared (Earth's gravity). Each speaker will reflect on the positive and negative influences of gas and gravity, compensatory strategies used to contend with improper gas ratios and anti-gravitational processes, and recommendations to improve pulmonary and ventilation gas ratios, as well as, centered anti-gravity function; based on their personal or professional experience or research. Please visit our website for more details.

Speakers

Dr. Paul Hodges, PhD
Director NHMRC Centre for Clinical Research Excellence in Spinal Pain, Injury & Health
The University of Queensland
Queensland, Australia

Emily Soiney, DPT, CST, RYT, PRC
Owner and Physical Therapist at Shine Integrative Physical Therapy
Portland, OR

Susan Henning, PT, PRC
Owner and Physical Therapist at Advance Physical Therapy
Chapel Hill, NC

Ron Hruska, MPA, PT
Director of the Postural Restoration Institute®, Co-Founder of PRI Vision and Consultant at Hruska Clinic
Lincoln, NE

Clayton Anderson
Retired NASA Astronaut
Houston, TX

Chris Poulin, ATC, CSCS, PES, PRT
Founder and Owner of Sandhills Sports Performance
Pinehurst, NC

Course Agenda

Day One: Thursday, April 10th

7:30-8	Registration & Light Breakfast
8-10	Integrated Function of the Trunk Muscles for Breathing and Postural Control *- Dr. Paul Hodges, PhD*
10-10:15	Break
10:15-12	"Unloading" the Mind and Body Using Yoga Breathing Techniques *- Emily Soiney, DPT, CST, RYT, PRC*
12-1	Lunch (on your own)
1-3	The Influence of Position and Breath in the Treatment of Curvature of the Spine, Utilizing PRI and Schroth Methodologies *- Susan Henning, PT, PRC*
3-3:15	Break
3:15-5	Unconventional Treatment Methods to Inhibit Neck "Pulling" and Facilitate Floor "Pushing" *- Ron Hruska, MPA, PT*

Day Two: Friday, April 11th

7:45-8	Sign-In and Continental Breakfast
8-10	Zero Gravity and Its Effects on Astronauts – A Personal Account *- Clayton Anderson, Retired NASA Astronaut*
10-10:15	Break
10:15-12	Postural Changes in Trunk Control with Pain and Movement Dysfunction *- Dr. Paul Hodges, PhD*
12-1	Lunch (on your own)
1-3	Incorporating and Maximizing "Jump" Concepts into Daily Life *- Chris Poulin, ATC, CSCS, PES, PRT*
3-3:15	Break
3:15-5	Alternating Thoracic Rotation, and Its Role in Regulating Orthostatic Conditions and Dysautonomia *- Ron Hruska, MPA, PT*

PRI INTEGRATION FOR THE HOME

Restoring Function Through Respiration and Alternating Reciprocal Movement

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 applied to the home environment, outpatient geriatrics and chronic pain populations. 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.

Objectives

- Understand the influence of respiration on home functional mobility.
- Recognize the human asymmetrical patterns that influence alternating reciprocal motion.
- 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.

March 8-9	Phoenix, AZ
June 7-8	Lincoln, NE
October 25-26	Greensboro, NC

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	Thorax and Shoulder (BC) Pattern as Related to Respiration • Sidelying Shoulder Horizontal Abduction Test (Lab)
2-3:30	Pelvis and Hip (AIC) Pattern as Related to Stance and Swing Phases of Gait • Seated Gait Integration Test (Lab)
3:30-3:45	Break
3:45-5	Influence of Left AIC Pattern on the Foot and Ankle • Seated Eversion with Hip Abduction Test (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)

PRI INTEGRATION FOR YOGA

Balancing Asymmetrical Respiration and Posture

Description

This advanced lecture and lab course is designed to assist clinicians and fitness professionals in applying Postural Restoration® principles to yoga in both rehabilitation and studio settings. Course participants will gain an appreciation for fundamental principles of the Postural Restoration Institute® (PRI) that can immediately be applied to yoga and other fitness settings for either group or individualized instruction. Emphasis will be placed on PRI tri-planar concepts, respiration techniques, and assessment tools to ensure that facilitators can create a therapeutically-sound yoga intervention. Ample lab time will allow all participants to experience the integration of PRI and yoga.

Objectives

- Recognize the human asymmetrical patterns that influence reciprocal movement and respiration.
- Learn how to balance PRI tri-planar muscle function in yoga postures and class sequencing.
- Design and facilitate yoga classes and rehab interventions using PRI concepts to minimize compensatory movement strategies when performing yoga.
- Integrate the therapeutics of yoga language, cueing principles, and mindfulness into a PRI clinical setting.

Sept 13-14 Portland, OR

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	PRI Thorax and Shoulder Patterns • Compensatory Strategies Seen In Yoga
1:45-3	PRI Pelvis and Hip Patterns • Compensatory Strategies Seen In Yoga
3-3:15	Break (change into lab attire)
3:15-4	Introduction to Integrating Yoga and PRI
4-5	PRI Yoga Assessment Poses (Lab)

Day Two

7:45-8	Sign In & Light Breakfast
8-9	Therapeutic Yoga Concepts and Techniques
9-10	Selected Yoga Breathing Techniques
10-10:15	Break (change into lab attire)
10:15-11	Yoga Poses to Facilitate Balanced Sagittal Plane Alignment and Movement (Lab)
11-12	Yoga Poses to Facilitate Balanced Frontal and Transverse Plane Alignment and Movement (Lab)
12-1	Lunch (on your own)
1-3	Yoga Recommendations for Pose Selection, Cues, and Modifications (Lab)
3-3:15	Break
3:15-4:30	Detailed Yoga Sequencing Recommendations (Lab) • Suggested Yoga Class Sequences
4:30-5	Questions

PRI INTEGRATION FOR BASEBALL

Restoring Reciprocal Performance in the Patterned Baseball Athlete

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 athlete. 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.

Objectives

- Describe how polyarticular chain asymmetry can lead to position-specific dysfunction in the baseball athlete.
- Assess thoraco-scapular and scapular-thoracic and full body 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.

November 14-15	Phoenix, AZ
November 21-22	Clearwater, FL

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)
1-3	PRI Baseball Examination Tests (lab) • Quadruped Reciprocal TS/ST Test • Standing Eversion with Hip Abduction Test
3-3:15	Break
3:15-5	Review of Position-Specific Compensatory Patterns seen in Left and Right Handed Players

Day Two

7:45-8	Sign-In & Light Breakfast
8-10	Tri-Planar Strategies to Improve Femoral-Thorax Rotational Mobility and Power
10-10:15	Break
10:15-12	Tri-Planar Integration of the Lower Half for Baseball Performance (Lab)
12-1	Lunch (on your own)
1-3	Tri-Planar Integration of the Upper Half for Baseball Performance (Lab)
3-3:15	Break
3:15-5	Program Design and Treatment Considerations for the Baseball Athlete and Their Respective Positions of Play

POSTURAL-VISUAL INTEGRATION

A Neurological Intervention for Embedded Postural Patterns

April 26-27 Grayslake, IL
August 22-23 Lincoln, NE

Description

This course is designed to educate Physical Therapists, PT Assistants, Occupational Therapists, Athletic Trainers, Strength & Conditioning Coaches, and other healthcare/fitness professionals, on how to evaluate and assess a patient who has persistent postural adaptation patterns that are reinforced, dependent on or developed by the visual system. Postural-Visual Integration dysfunction occurs when the visual process interferes with appropriate muscles that need to "turn off" so that habitual positions and patterns of human motion can be improved. This course will offer specific treatment approaches to improve symmetrical head on body (HOB) activity and appropriate visual cortical influence on single leg activity.

This course will also utilize the respiratory system, equilibrium in the frontal plane, and ocular functional integration to change the vestibular postural control and unilateral centered stability. The speakers have dedicated their careers to patients with postural and visual imbalance and have utilized scientific principles in their respective fields to treat, in this unique interdisciplinary manner, visual integrative dysfunction. No prior visual training or visual course prerequisites are required. However, information provided by attending *Myokinematic Restoration* or *Postural Respiration* would be helpful.

PRI Vision
MOVING BEYOND SIGHT

Objectives

- Define postural-visual integration as it relates to tri-planar organization and control, ideal use of postural reflex mechanism during weight shift, proprioceptive references and synkinesis of respiration.
- Outline the three levels of postural-visual integrative dysfunction.
- Understand the direct influences primitive reflexes, the autonomic nervous system, habitual vision and learned behavior can have on locomotion and extensor tone.
- Establish appropriate extraocular myokinematic function during lateral centered stance.
- Learn when and why to refer to an optometrist, or an integrated neuro-optometrist.
- Design a therapeutic program using PRI Vision phases to manage and progress a patient without producing stress on the visual system or the extensors of the neck or back.

Course Agenda

Day One

7:30-8	Registration & Light Breakfast
8-8:30	Introduction of PRI Vision
8:30-10	PRI Vision Definitions
10-10:15	Break
10:15-12	Neutrality, Centering, Neuromuscular Patterns (Demo)
12-1	Lunch (on your own)
1-2	Accommodation and Postural Imbalance
2-3	Extension Patterns
3-3:15	Break
3:15-4:15	Glasses Prescriptions, Visual Neutrality, & Common Visual Findings in Patients with Visual-Postural Integration Dysfunction
4:15-5	Level I (Limited Head on Body)

Day Two

7:45-8	Sign-In & Light Breakfast
8-9	Overview of PRI Vision Levels • Level I (Limited Head on Body) • Level II (Neck on Body) • Level III (Body on Head)
9-10	Triage, Clinical Examination and PRI Vision Integration Testing
10-10:15	Break
10:15-12	Continued Triage, Clinical Examination and PRI Vision Integration Testing (Lab)
12-1	Lunch (on your own)
1-2	Treatment Objectives and PRI Vision Philosophical Considerations
2-3	Accommodation Techniques by Phase
3-3:15	Break
3:15-4	Continued Accommodation Techniques by Phase (Lab)
4-5	Case Study, Questions and Answers

VISION AND BODY MECHANICS – BEYOND 20/20

Influencing the Body's Behavior through Vision for the Eyecare Provider

Description

Have you ever considered what a patient's subjective refraction or eye alignment has to do with their back pain? Or why a patient has constant neck pain while they are at the computer, even though they are pre-presbyopic and have good ergonomics? The answer lies in how they use their vision to direct their bodies to perform any given task, such as walking, sitting at their desk, or playing a sport. The relationship between vision, body posture and movement can be controlled through the use of lenses, then integrated and re-trained through physical activities designed to embed the new relationship. This frequently results in decreased pain, improved physical performance, and prevention of future symptoms for a myriad of complaints. We can influence the autonomic nervous system to turn the right muscles "on" and the wrong muscles "off" for any given physical task.

This course is designed for both general eye care practitioners and behavioral/VT doctors to gain an appreciation for how vision controls the body and muscle tone, among other autonomic functions. The relationship of refractive findings, visuomotor skills, and visual processing to muscle tone and skeletal alignment will be outlined. The focus of this course will be on how to achieve a more symmetrical, relaxed, whole body musculoskeletal system through integration of the visual system.

Considerations for prevention of musculoskeletal dysfunction and maximizing human performance will be discussed, including eyeglass and contact lens prescribing recommendations.

Significant emphasis will be placed on interactive demonstration, lab experience, and personal clinical application. Participants will be able to work as part of an integrated team to manage neuromuscular patterns that contribute to spatial disorientation, headaches, neck tension, and low back pain, as well as appreciate how these are related to visual system function.

Objectives

- Recognizing pain patterns and visual findings that are associated with inappropriate musculoskeletal function in both upright and seated positions.
- Understand how neuromuscular patterns of the neck and head impact visuomotor skills, visual processing skills, and visual-vestibular integration and what can be done by the eye care provider to change them.
- Learn how to integrate treatment of the visual system with physical therapy to enhance orthopedic mechanical function in the areas of speed, accuracy, and efficiency of performance.
- Become aware of how to maximize visuomotor and spatial localization skills utilized for reading, depth perception, and sports performance through the use of PRI Vision principles and protocols using methods other than traditional vision training.

March 7-8 Lincoln, NE

PRI Vision
MOVING BEYOND SIGHT

Please visit our website for more information, including the course agenda.
www.posturalrestoration.com

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FACULTY

Please visit our website for faculty biographies.


Ron Hruska, MPA, PT


James Anderson, MPT, PRC


Michael Cantrell, MPT, PRC


Jennifer Poulin, PT, PRC


Lori Thomsen, MPT, PRC


Jesse Ham, PT, CMP, PRC

PRI AFFILIATE FACULTY


James Anderson, MPT, PRC


Allen Gruver, PT, ATC, PRC, CSCS


Emily Soiney, DPT, CST, RYT, PRC

PRI VISION FACULTY


Ron Hruska, MPA, PT


Heidi Wise, OD, FCOVD

PRODUCTS

CDs

PRI Introductory Courses, Myokinematic Restoration, Pelvis Restoration and Postural Respiration have a corresponding Non-Manual Techniques CD that is organized by muscle, inhibition and integration and placed in an order in which you would want to isolate, inhibit or integrate. Included on each CD is the Integration program, which is comprised of more than 300 techniques in nine different positions, the top 10 repositioning techniques for each respective introductory course and the identification of reference centers.

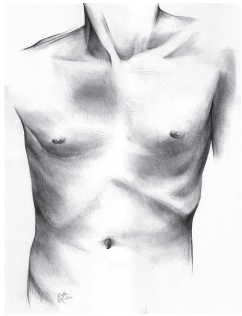
DVD

PRI Manual Techniques are available on DVD! Nearly two hours of video including demonstration, instruction and explanation of each manual technique is provided by Ron Hruska. This information compliments PRI course instruction and desired PRI clinical application, progression and outcomes. Written instruction for each manual technique is also provided in a printable format.

Pelvis Model

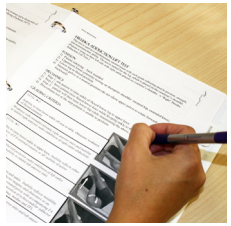
In our Pelvis Restoration course, the speaker uses a female pelvis model with moveable SI joint throughout the course to demonstrate concepts of rotation of the pelvic inlet and outlet. PRI has purchased several of these pelvis models from Sawbones and labeled them according to the course concepts you will learn. If you are interested in purchasing a model to be shipped directly to the course location for your use throughout the course and thereafter, please contact us or complete the order form found on our website.

Illustrations



PRI illustrations are available in print. Artist, Elizabeth Noble, has taken the science of PRI and turned it into a visual masterpiece. Her dramatic illustration of asymmetrical patterns is one of a kind. Visit our website to purchase one of the unique illustrations specifically drawn for the Postural Restoration Institute® to compliment your office or home.

Manuals



Course tuition fees include course manuals. However, course manuals for PRI Introductory and Secondary Courses can also be purchased independently of course tuition. To order a course manual, please contact us or complete the order form found on our website. Course manuals are continually revised to include the most updated information available.

Arthur Squat Model

This model provides a unilateral image of the influence two joint muscles can have on the back and lower extremity when going into a squat, or coming out of a squat position. Co-active myokinematic action of the quadriceps, hamstrings, and gastroc-soleus muscle groups can also be depicted, both when the leg is in stance or swing phase of gait. These model concepts can help anyone who is interested in increasing power during lift, without overextending the back.

REGISTRATION

☎ Call 888-691-4583
Click posturalrestoration.com
Mail Postural Restoration Institute
5241 R Street, Lincoln, NE 68504

TUITION (add $30 if within 4 weeks of course date)

Introductory Courses	
Myokinematic Restoration	$445
Pelvis Restoration	$445
Postural Respiration	$445
Introductory Courses - Home Study	
Myokinematic Restoration	$395 + shipping
Pelvis Restoration	$395 + shipping
Postural Respiration	$395 + shipping
Secondary Courses	
Cervical-Cranio-Mandibular Restoration	$465
Impingement & Instability	$465
Advanced Integration	$825
Annual Symposium	
Interdisciplinary Integration	$445
PRI Affiliate Courses	
PRI Integration for the Home	$445
PRI Integration for Yoga	$445
PRI Integration for Baseball	$445
PRI Vision Courses	
Postural-Visual Integration	$495
Vision and Body Mechanics	$615

Postural Restoration Institute®

PRODUCTS (optional)

CDs: $250 each

600+ Non-Manual Techniques corresponding to each Introductory Course organized by muscle, inhibition and integration.

DVD: $125

Nearly 2 hours of demonstration, instruction and explanation of each Manual Technique by Ron Hruska. Complements the Postural Respiration and Cervical-Cranio-Mandibular Restoration courses.

Pelvis Model: $125

Female pelvis model with moveable SI joint labeled with PRI concepts to demonstrate rotation of the pelvic inlet and outlet designed to complement the Pelvis Restoration course.

Cancellation 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.

Course Confirmation

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.

Registration Form

Course Date & Location _____

Products (optional) _____

Name & Credentials _____

Address _____

Organization _____

Phone _____ Email _____

Method of Payment: ❑ Check *(payment to PRI)* ❑ Credit

Card# _____ Exp _____

Total Amount $_____

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