

interdisciplinary integration

March 26-29
Lincoln, NE

course schedule

March 26-29, 2009
Lincoln, NE
8:00am to 5:00pm

course registration

To register - Call 888-691-4583 or
click www.posturalrestoration.com

Registration Deadline - March 13th

Tuition Rates - \$200 per day or
\$725 for all 4 days

course description

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



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

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

accreditation

A certificate for 7.5 contact hours will be awarded to attendees upon completion of the course each day. Attendees are responsible for following state statutes regulating their professional practice.

The Postural Restoration Institute™ is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for certified athletic trainers (#P2376). Course approval applications may be submitted by PRI in states mandating pre-approval of continuing education courses. Please call to inquire about your state.

Approval pending: Missouri Dental Board, Nebraska Dental Board, Kansas Dental Board, Iowa Dental Board, Minnesota Board of Optometry, Nebraska Board of Optometry.

Please visit our website for a complete listing of continuing education credits by state:
www.posturalrestoration.com/courses/ce-approval.

www.posturalrestoration.com

5241 R Street
Lincoln, NE 68504

Postural
Restoration
Institute™

interdisciplinary integration

March 26-29, 2009
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- Podiatric Integration
- Dental Integration
- Vision Vestibular Integration
- Pelvic Floor Dysfunction

Day One: Podiatric Integration

Dr. Paul Coffin, DPM & Ann Ringlein
(Moderated by Ron Hruska, MPA, PT)

Course Description

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

Learning Objectives

1. Identify those requiring orthotics through basic assessment of lower extremity biomechanics, gait patterns and foot position.
2. Recognize relationships of common neuromuscular patterns seen with lower extremity function and foot function.
3. Become familiar with orthotics, footwear and the PRI approach to integrate management of the mal-aligned and mal-positioned lower extremity.

Course Agenda

8:00 – 10:00	Analysis of Accelerated Locomotion and Gait Using Postural Restoration Institute (PRI) Principles – Ron Hruska
10:00 – 10:15	Break
10:15 – 12:00	Lower Extremity Function – Global Perspective (complex to simple and simple to complex) – Dr. Paul Coffin
12:00 – 1:00	Lunch (on your own)
1:00 – 2:00	Functional Hallux Limitus (effect on internal and external femoral acetabular position) – Dr. Paul Coffin
2:00 – 3:00	Biomechanical Influence on Plantar Fasciitis and Tibial Stress Fractures – Dr. Paul Coffin
3:00 – 3:15	Break
3:15 – 4:00	Orthotic and Footwear Influences on Effective Postural Restoration Intervention; How to Take Foot Impressions – Dr. Paul Coffin
4:00 – 5:00	Current Footwear Considerations – Ann Ringlein (Lincoln Running Company)

Day Two: Dental Integration

Dr. Mike Hoefs, DDS (Moderated by Ron Hruska, MPA, PT)

Course Description

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

Learning Objectives

1. Learn the anatomy of the cranium, TMJ, and pathophysiology of TMD and cranial strains.
2. Recognize the signs and symptoms of craniofacial pain.
3. Understand the process of examination, diagnosis and treatment objectives.
4. Become familiar with some of the orthopedic appliances used and their correct applications.
5. Learn to identify the primary pathology and its significance in the timing of integrative treatment.
6. Recognize when maximum medical improvement has been achieved.
7. Learn different methods of maintaining stability through orthodontics, restorative dentistry, and long term occlusal appliances.
8. See the use of applied kinesiology autonomic testing, and computerized biometric testing to diagnose pathology and demonstrated corrections.

Course Agenda

8:00 – 9:00	Introduction to Craniofacial Pain / TMD
9:00 – 10:00	Anatomy of TMJ and Cranium - Pathophysiology of TMJ
10:00 – 10:15	Break
10:15 – 11:00	History, Exam, Imaging, Computerized Biometric Testing, Applied Kinesiology
11:00 – 12:00	Diagnosis and Treatment Planning, TMD Appliances and Protocol
12:00 – 1:00	Lunch (on your own)
1:00 – 2:00	Cranial Osteopathy and Cranial Strains
2:00 – 3:00	Treatment of Cranial Strains Using Advanced Light-wire Functional Appliance (ALF) - Stabilization Techniques Using Restorative Dentistry & Orthodontics
3:00 – 3:15	Break
3:15 – 4:00	Case Studies Showing Dental, Cranial and TMD Etiologies and Guidelines for Diagnosis
4:00 – 5:00	Interdisciplinary Integration - Panel Discussion

Day Three: Vision Vestibular Integration

Dr. James Nedrow, OD, MS, FAAO & Ron Hruska, MPA, PT

Course Description

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

Learning Objectives

1. Recognize the vision-vestibular influences on postural restoration application and effort.
2. Gain a better appreciation for and understanding of the vision process and the bihemispheric implication.
3. Design a postural inhibition and isolation program that includes the integration of appropriate neuro-optometric and Postural Restoration Institute (PRI) treatment objectives.
4. Distinguish postural vs. vision adaptation patterns of dizziness, imbalance and respiratory asymmetry.

Course Agenda

8:00 – 9:00	Overview of Vision Dysfunction Influences on Postural Restoration – Ron Hruska
9:00 – 10:00	Overview of Vision Process and Bihemispheric Influence on Functional Activity – Ron Hruska
10:00 – 10:15	Break
10:15 – 11:00	Typical Postural Patterns Associated with Visual Midline Shift Patterns – Ron Hruska
11:00 – 12:00	Vision Demands of an Athlete – Central (Focal) vs. Peripheral (Ambient) – Ron Hruska
12:00 – 1:00	Lunch (on your own)
1:00 – 2:00	Role of Neuro-Optometrists in Diagnosing and Treating Visual Dysfunction – Dr. James Nedrow
2:00 – 3:00	Neuro-Optometric Rehabilitation of the Post Traumatic Vision Syndrome and Visual Midline Shift Syndrome – Dr. James Nedrow
3:00 – 3:15	Break
3:15 – 4:00	Outcomes of Optometry and Postural Restoration Institute (PRI) Integration – Case Studies
4:00 – 4:30	Astigmatism... Is it optical or cortical? – Dr. James Nedrow
4:30 – 5:00	Future Considerations – Dr. Chad Personett Research

Day Four: Pelvic Floor Dysfunction

Heather Engelbert, PT, PRC, & Lori Thomsen, PT, PRC
(Moderated by Ron Hruska, MPA, PT)

Course Description

This one-day course is structured so that clinicians will gain an appreciation for the influence of an asymmetrical pelvis and the relationship to pelvic floor function. We will explore in detail pelvic floor anatomy and respiration. Participants will be able to incorporate a PRI treatment approach to specific pelvic floor dysfunction such as incontinence, prolapse, and pelvic floor hypertonicity. This course will facilitate an interdisciplinary approach to pelvic floor rehabilitation.

Learning Objectives

1. Identify musculature of the pelvic diaphragm.
2. Understand the respiratory diaphragm and how it integrates with pelvic floor dysfunction and rehabilitation.
3. Recognize pelvic asymmetry and understand the relationship of pelvic asymmetry and pelvic floor dysfunction.
4. Apply appropriate PRI techniques to treat incontinence, pelvic floor hypertonicity and prolapse.
5. Appreciate an interdisciplinary approach and recognize when to refer to other professionals.

Course Agenda

8:00 – 9:00	Pelvic Floor Anatomy
9:00 – 10:00	Introduction to PRI Concepts and Pelvic Asymmetry
10:00 – 10:15	Break
10:15 – 11:00	Cont'd
11:00 – 12:00	Respiratory Role of Pelvic Floor
12:00 – 1:00	Lunch (on your own)
1:00 – 3:00	PRI Integration Specific to Pelvic Floor (Incontinence, Prolapse, Pelvic Pain/Hypertonicity)
3:00 – 3:15	Break
3:15 – 4:00	Continuation of Treatment Approach
4:00 – 5:00	Interdisciplinary Integration