Welcome

Message from Ron

As I watched the Rufous-Tailed and Green Hermit hummingbirds doing gymnastics on and around the Heliconias in southern Costa Rica, with my delighted grandsons a few years ago, I marveled at their dependency on near perfect symmetry of their appendages (wings) for their hovering ability. This smallest bird in the world, has the largest heart and brain in proportion to body size of all animals. They have no sense of smell. They fly in particular patterns and create particular vocal and humming wing sounds. They cannot walk, they only perch, and they fly only 20% of the time. The most common color of the hummingbird is violet, produced by refraction of light, not by pigment. They operate, spirally and visually, around their tongue, which is twice as long as their bills.

We can learn a lot from the hummingbird. If we attempt to replicate the noise they make, we would benefit by using a semi-occluded vocal tract, as the upper part of the vocal tract becomes our nasal airway. Our asymmetrical patterns would also then revolve, better around an oral cavity and airway that is attempting to stay centered around a tongue. Before we ever spoke a word, we had to acquire a resonance voice that began when we sensed how to hum. This brochure outlines courses that are archetypical of the flight and sight of the hummingbird. Reciprocation of human asymmetrical appendages will produce a mixed registration of vibratory senses, with assistance from vocal tract inertance and grounded inter-stance. Hmmm...

All of the Green Violet Ear hummingbirds on and in this brochure are watercolor paintings by my 14 year old grandson, William Cunningham, who has taught me the virtues of tranquility and humility.

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Director of Business Development

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Director of Clinical Development & Public Relations

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MS, ATC, CSCS, PES, PRT

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PT, PRC

Lori Thomsen
MPT, PRC

Heidi Wise
OD, FCOVD

Visit posturalrestoration.com for staff and faculty biographies.
2019 PROGRAMS & COURSES

WEST
Albuquerque, NM
Mar 9-10
Lincoln, NE
Jan 5-6
Nov 9-10
Lincoln, NE
Jan 7-8
Fort Collins, CO
Feb 23-24
Lincoln, NE
Feb 1-2
Fort Collins, CO
Sep 28-29
Lincoln, NE
Mar 22-23
Missoula, MT
Sep 7-8
Lincoln, NE
Apr 11-12
Oakland, CA
Nov 2-3
Lincoln, NE
Jun 7-8
Oakland, CA
Feb 9-10
Lincoln, NE
Aug 23-24
Phoenix, AZ
Nov 23-24
Lincoln, NE
Oct 11-12
Phoenix, AZ
Jul 20-21
Milwaukee, WI
Dec 5-8
Reno, NV
Mar 2-3
Milwaukee, WI
Jan 20-21
Lincoln, NE
Milwaukee, WI
Aug 29-30
Sacramento, CA
Jan 19-20
Minneapolis, MN
Sep 14-15
Santa Barbara, CA
Jan 26-27
Minneapolis, MN
Sep 14-15
Santa Barbara, CA
Mar 2-3
Minot, ND
Sep 14-15
Seattle, WA
May 4-5
Norman, OK
Sep 14-15
Seattle, WA
Sep 7-8
St. Louis, MO
Oct 26-27
Seattle, WA
Oct 26-27
St. Louis, MO
Nov 2-3
Tucson, AZ
Jan 5-6

CENTRAL
Austin, TX
Aug 24-25
Annapolis, MD
Jun 1-2
Chicago, IL
Feb 16-17
Boston, MA
May 18-19
Chicago, IL
Jun 1-2
Boston, MA
Jun 8-9
Chicago, IL
Sep 28-29
Boston, MA
Jul 13-14
Columbia, MO
Feb 2-3
Brunswick, ME
Mar 30-31
Columbus, OH
Aug 24-25
Burlington, VT
Oct 12-13
Crown Point, IN
Oct 26-27
Canton, CT
Mar 16-17
Dallas, TX
Jan 12-13
Easton, PA
Nov 9-10
Dallas, TX
Apr 27-28
Falls Church, VA
Mar 2-3
Holland, MI
Apr 27-28
Lancaster, PA
Apr 27-28
Lima, OH
Nov 2-3
New York City, NY
New York City, NY
New York City, NY
New York City, NY
New York City, NY
New York City, NY
Philadelphia, PA
Philadelphia, PA
Providence, RI
Saranac Lake, NY
Slippery Rock, PA

SOUTH
Asheville, NC
Sep 21-22
Atlanta, GA
Jan 19-20
Bradenton, FL
Jan 12-13
Bradenton, FL
Oct 12-13
Cary, NC
Apr 6-7
Cary, NC
May 5-6
Chapel Hill, NC
Sep 21-22
Covington, LA
Feb 16-17
Macon, GA
Jul 13-14
Southern Pines, NC
Feb 9-10
Warner Robins, GA
Aug 17-18

INTERNATIONAL
Munich, DE
Sep 14-15
Sydney, AU
Jun 22-23
NEW FOR 2019

Cranial Resolution Course
Ron Hruska looks forward to presenting applicable treatment guidelines and techniques, relating to cranial rhythmical and oscillatory conflict resolution. His reasoning is based on clinical observation, analytical discovery by reading and perusing many relevant interdisciplinary journals and materials, and personal discussion with authoritative knowledge based minds from many different countries and professional areas of study. This course is designed for healthcare professionals who respect integrated auditory, dental, speech and visual processing for improvement of postural ANS and CNS behavior. See page 17 for more information and the course schedule.

Travel with PRI
A European Tour with Ron Hruska
We are excited to announce the very first "Travel with PRI" international tour, following the Impingement & Instability course in Munich, Germany in September! Join Ron Hruska and PRI colleagues on a 10 day tour through Germany, Czech Republic, and Austria. We will travel from Munich to the cities of Český Krumlov, Prague, Salzburg, Olympic Innsbruck, and conclude the tour back in Munich as we sample the festive Octoberfest! Please visit page 21 for more information on this exciting tour in Europe!

The Home Study Advantage – Take 2!
After a year of offering our initial Home Study Advantage program, and considering feedback from participants, we are introducing “Take 2”! We are now offering half-priced tuition to complete the Online Home Study (if you have attended the same Live Course in the past 6 months), or half-priced tuition to attend the Live Course (if you have completed the same Online Home Study course in the past 6 months). The benefit of twice hearing the information presented, seeing the instructor demonstrate clinical tests and techniques, and participating in person and through virtual attendance gives the attendee a clear advantage for learning and grasping concepts in a shorter amount of time and at a deeper level of understanding. Please call us to take advantage of this opportunity!
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®.

Benefits
- Tuition Discounts
- Quarterly Updates
- Professional Networking
- Mentorship & Speaking Opportunities
- Inclusion on the PRI Website
- Find a Provider Map

Visit posturalrestoration.com for more information including course requirements and printable applications.

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.

**Application Deadline**
September 15, 2019

**Testing**
December 9-10, 2019

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), Strength and Conditioning Coaches (with CSCS Certification through the NSCA or SCCC Certification through the CSCCa), Certified Special Population Specialist (with CSPS Certification through the NSCA, and completion of a Bachelor’s degree or higher degree), and Exercise Physiologists (Certified Exercise Physiologists, Certified Clinical Exercise Physiologists, and Registered Clinical Exercise Physiologists with Certification through the ACSM) 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.

**Application Deadline**
October 15, 2019

**Testing**
January 6-7, 2020
Course Information

Audience and 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 look into applying for CEUs for Chiropractors (upon request). 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 Collegiate Strength and Conditioning Coaches Association (CSCCa). 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 # 451877-12. Approval applies to select live courses only. Please refer to our website for course approval details. *Approval not valid for New York licensed massage therapists.

Other Healthcare and Fitness Professionals
PRI welcomes any interested healthcare or fitness professional to attend courses.

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 150 pages in length which 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
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.
Myokinematic Restoration

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

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, ilio-sacral joint dysfunction, and low back strain.

Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 9-10</td>
<td>Phoenix, AZ</td>
</tr>
<tr>
<td>Mar 2-3</td>
<td>Seattle, WA</td>
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<tr>
<td>Mar 2-3</td>
<td>Falls Church, VA</td>
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<tr>
<td>Mar 30-31</td>
<td>Milwaukee, WI</td>
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<td>Apr 6-7</td>
<td>Minot, ND</td>
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<td>Apr 27-28</td>
<td>Dallas, TX</td>
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<tr>
<td>May 18-19</td>
<td>Slippery Rock, PA</td>
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<td>May 18-19</td>
<td>Boston, MA</td>
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<tr>
<td>Jun 1-2</td>
<td>Annapolis, MD</td>
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<tr>
<td>Jul 20-21</td>
<td>Reno, NV</td>
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<tr>
<td>Aug 23-24</td>
<td>Lincoln, NE*</td>
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<tr>
<td>Sep 7-8</td>
<td>Missoula, MT</td>
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<tr>
<td>Sep 21-22</td>
<td>New York City, NY</td>
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<tr>
<td>Oct 12-13</td>
<td>Philadelphia, PA</td>
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<tr>
<td>Oct 19-20</td>
<td>Providence, RI</td>
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<tr>
<td>Nov 2-3</td>
<td>Oakland, CA</td>
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</tbody>
</table>

*Lunch & Learn with Ron (see website for more information)

Registration & Fees

<table>
<thead>
<tr>
<th>Type</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>Live Course (early)</td>
<td>$495</td>
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<tr>
<td>Live Course (late-within 4 weeks)</td>
<td>$545</td>
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<tr>
<td>Online Home Study Course</td>
<td>$445</td>
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</tbody>
</table>

Register Online!
posturalrestoration.com

Bundle and Save! Purchase the corresponding Non-Manual Techniques Collection for $200 when registering for this course ($50 Savings).
Course Objectives

- Outline biomechanical principles of lower half musculoskeletal dysfunction as they relate to rotational patterns of the femur, pelvis, and lumbar spine, as well as occupational influence.
- Describe how musculoskeletal dysfunction relates to articular chain asymmetry and patterns of synergistic compensatory activity.
- Recognize how to apply examination and assessment skills to neuromuscular dyssynchrony and postural asymmetries that affect stability and function of the lower half.
- Identify how to restore synchronous activity across the lumbo-pelvic-femoral complex and improve neuromuscular motor control of the muscles that stabilize these joints.
- Outline how to design an interventional plan that includes various activities of daily living positions to decrease asymmetrical musculoskeletal demands.

Course Agenda

**DAY ONE**

7:30-8  Registration and Light Breakfast
8-9    Left Anterior Interior Chain (AIC) Pattern and Pelvic Joint Dynamics
9-10  Lumbo-Pelvic-Femoral Capsuloligamentous Issues
10-10:15  Break
10:15-12  Femoral Internal and External Rotators
12-1    Lunch (on your own)
1-2    Myokinematic Influences on the Pelvis and Femur
2-3    Examination Tests and Assessment
3-3:15  Break
3:15-4:15  Examination Tests and Assessment (Lab)
4:15-5    Repositioning Through Integrated Isolation (Demonstration and Lab)

**DAY TWO**

7:45-8  Sign-In and Light Breakfast
8-9    Myokinematic Functional Relationships
9-10  Examination and Assessment: Hruska Adduction Lift Test, Hruska Abduction Lift Test
10-10:15  Break
10:15-11  Examination and Assessment (Lab): Hruska Adduction Lift Test, Hruska Abduction Lift Test
11-12  Treatment Considerations and Myokinematic Hierarchy
12-1    Lunch (on your own)
1-2    Myokinematic Hierarchy: Non-Patho Left AIC and Pathological Left AIC
1-2    Left AIC Myokinematic Hierarchy (Lab)
3-3:15  Break
3:15-4    Left AIC Related Pathomechanics: Piriformis Syndrome, Ilio-Sacral Joint Dysfunction and Low Back Strain
4-5    Myokinematic Restoration Inhibition Programs

PRIMARY COURSE
Pelvis Restoration
An Integrated Approach to Treatment of Patterned Pubo-Sacral Pathomechanics

Course Description
This advanced lecture and lab course is designed to assist clinicians with those complex patients that are struggling to restore reciprocal function of their pelvis. 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 Schedule
Jan 12-13 Bradenton, FL
Feb 9-10 Southern Pines, NC
Mar 2-3 Sacramento, CA
Mar 9-10 Albuquerque, NM
Apr 27-28 Lancaster, PA
May 4-5 Seattle, WA
Jul 13-14 Macon, GA
Sep 14-15 Santa Barbara, CA
Oct 12-13 St. Louis, MO
Nov 2-3 Lima, OH
Nov 16-17 New York City, NY

Registration & Fees
<table>
<thead>
<tr>
<th>Course Type</th>
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<tbody>
<tr>
<td>Live Course (early)</td>
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Register Online! posturalrestoration.com

Bundle and Save! Purchase the corresponding Non-Manual Techniques Collection for $200 when registering for this course ($50 Savings).
### Course Agenda

#### DAY ONE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>8-8:30</td>
<td>Introduction to Pelvis Neutrality</td>
</tr>
<tr>
<td>8:30-10</td>
<td>Left Anterior Interior Chain (AIC) Influence on the Pelvis</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-11:15</td>
<td>PEC Influence on the Pelvis</td>
</tr>
<tr>
<td>11:15-12</td>
<td>Pathologic PEC Influence on the Pelvis</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-3</td>
<td>Examination Tests and Assessment (Lab)</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-4:30</td>
<td>Examination Tests and Assessment (Lab)</td>
</tr>
<tr>
<td>4:30-5</td>
<td>Functional Relationships</td>
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</table>

#### DAY TWO

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45-8</td>
<td>Sign-In and Light Breakfast</td>
</tr>
<tr>
<td>8-9:30</td>
<td>Respiratory Influences on the Pelvis</td>
</tr>
<tr>
<td>9:30-10</td>
<td>Respiratory Influences on the Pelvis (Lab)</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-12</td>
<td>Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern (Case Study)</td>
</tr>
<tr>
<td>2-3</td>
<td>Treatment of Pelvis Dysfunction as it Relates to the PEC Pattern (Case Study)</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-4:30</td>
<td>Treatment of Pelvis Dysfunction as it Relates to the Pathologic PEC Pattern</td>
</tr>
<tr>
<td>4:30-5</td>
<td>Other Treatment Considerations</td>
</tr>
</tbody>
</table>

### Course Objectives

- Identify musculature of the pelvic inlet and outlet.
- Explain how the respiratory diaphragm 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.
- Identify the recommended treatment algorithm for each PRI pattern pertaining to the pelvis.
- Outline how to design a postural isolation and inhibition program that includes the integration of appropriate pubo-sacral dynamics to restore normal reciprocal pelvic inlet and outlet function.
Course Description

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the patterned respiration influences on: rib torsion, asymmetrical oblique strength, costal and crural function, 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 both hemi-lateral thoraxes and their respective pleura. 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 that are related to undesirable airflow patterns, such as shortness of breath, thoracic outlet syndrome, and shoulder dysfunction.
Course Objectives

- Recognize relationships between static asymmetrical respiration, ideal physiologic respiration, and patterned respiration.
- Identify how to restore polyarticular chains and torsional patterns of the trunk through specific manual and non-manual orientation of ventilatory muscle and thoracic osseous structure.
- Recognize how to maximize thoracic scapular force couples, rib alignment, and abdominal-diaphragm muscle integration for appropriate motor and sensory perceptual skill development of the upper extremities.
- Outline how to design a postural isolation and inhibition program that promotes integration of appropriate hemi-thoracic airflow to reduce occupational, leisure, and sleep breathing dysfunction patterns.

Course Agenda

**DAY ONE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30-8</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>8-9</td>
<td>Overview of Anterior Interior Chain (AIC), Brachial Chain (BC) and Zone of Apposition (ZOA) Relationships</td>
</tr>
<tr>
<td>9-10</td>
<td>Static Structural Asymmetry and Dynamic Respiratory Influences on Hemi-Diaphragm and Hemi-Thorax Function</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-11</td>
<td>Patterned Respiration and Associated Airflow</td>
</tr>
<tr>
<td>11-12</td>
<td>Anterior Interior Chain: Muscle and Structure</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Left AIC Objective Testing (Demonstration)</td>
</tr>
<tr>
<td>2-3</td>
<td>Left AIC Non-Manual and Manual Techniques (Demonstration)</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-4</td>
<td>Left AIC Manual Techniques (Lab)</td>
</tr>
<tr>
<td>4-4:30</td>
<td>Brachial Chain: Muscle and Structure</td>
</tr>
<tr>
<td>4:30-5</td>
<td>Overview of Thoracic Mediastinum Function</td>
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</table>

**DAY TWO**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>7:45-8</td>
<td>Sign-In and Light Breakfast</td>
</tr>
<tr>
<td>8-8:30</td>
<td>Postural Respiration Functional Relationships</td>
</tr>
<tr>
<td>8:30-10</td>
<td>Right BC Objective Testing (Demonstration and Lab)</td>
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<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-11</td>
<td>Right BC PRI Treatment Guidelines</td>
</tr>
<tr>
<td>11-11:30</td>
<td>Superior T4 Airflow</td>
</tr>
<tr>
<td>11:30-12</td>
<td>Right Superior T4 and Right Subclavius Manual Techniques (Demonstration)</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Right Superior T4 and Right Subclavius Manual Techniques (Lab)</td>
</tr>
<tr>
<td>2-3</td>
<td>Left Low Trap/Left Serratus Anterior Non-Manual Techniques</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-4</td>
<td>Right Low Trap/Right Tricep Non-Manual Techniques</td>
</tr>
<tr>
<td>4-4:30</td>
<td>Inhibition Considerations for the Right BC Pattern</td>
</tr>
<tr>
<td>4:30-5</td>
<td>Case Studies</td>
</tr>
</tbody>
</table>
PRI Non-Manual Techniques WORKSHOP

Course Description
This workshop is designed to offer the attendee, who has taken the PRI primary courses, the opportunity to further understand the intricacies of the PRI non-manual techniques. Each primary course has specific non-manual technique programs designed to isolate, inhibit and integrate muscle when repositioning and repatterning. Guidance will be offered for appropriate integrative cueing, technique instruction and modification, reference center identification, and progression/regression based on neuromuscular demand of the techniques. This workshop will allow the attendee to engage in intensive discussion with demonstration of several non-manual techniques, including a limited number of participant-selected techniques. The first 15 attendees to register will have the opportunity to submit a technique to be reviewed and discussed in detail, including when, where and why it should be considered.

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

Course Objectives
- Outline the organizational layout of the PRI Non-Manual Techniques for each primary course based on neuromuscular demands and challenges.
- Identify additional cueing, referencing and modification strategies when instructing PRI Non-Manual Techniques, to maximize inhibition, isolation and integration.
- Select appropriate techniques for progression and regression based on patient/client performance and limitations.
- Describe the importance of sensing reference centers when instructing integration techniques.
- Recognize position appropriate techniques, and when to change position based on functional outcome.

Registration & Fees

| Early Tuition | $495 |
| Late Tuition (within 4 weeks) | $545 |

Register Online! posturalrestoration.com

Course Agenda

**DAY ONE**

8-9 Overview of the PRI Non-Manual Technique Program's Organizational Layout
9-10 Positional Considerations When Selecting PRI Non-Manual Techniques
10-10:15 Break
10:15-12 Key Concepts for Reference Center Instruction with Integration Techniques
12-1 Lunch and Learn
1-3 Myokinematic Restoration Techniques
3-3:15 Break
3:15-5 Myokinematic Restoration & Pelvis Restoration Techniques

**DAY TWO**

8-10 Pelvis Restoration & Postural Respiration Techniques
10-10:15 Break
10:15-12 Postural Respiration Techniques
12-1 Lunch (on your own)
1-3 Integration Techniques
3-3:15 Break
3:15-5 Integration Techniques

*Lunch & Learn with Ron (see website for more information)
Impingement & Instability

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

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, scapular 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 recommended.
- Please visit posturalrestoration.com for more information, including course objectives.

Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 5-6</td>
<td>Lincoln, NE*</td>
</tr>
<tr>
<td>Mar 9-10</td>
<td>Philadelphia, PA</td>
</tr>
<tr>
<td>Apr 6-7</td>
<td>Cary, NC</td>
</tr>
<tr>
<td>Jun 1-2</td>
<td>Chicago, IL</td>
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<tr>
<td>Aug 24-25</td>
<td>Austin, TX</td>
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<tr>
<td>Sep 14-15</td>
<td>Munich, DE</td>
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<tr>
<td>Oct 12-13</td>
<td>Burlington, VT</td>
</tr>
<tr>
<td>Nov 9-10</td>
<td>Anchorage, AK</td>
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*Lunch & Learn with Ron (see website for more information)

Registration & Fees

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<th>Fee</th>
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<tr>
<td>Early Tuition</td>
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<tr>
<td>Late Tuition (within 4 weeks)</td>
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Register Online!
posturalrestoration.com

Course Agenda

**DAY ONE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>8-9</td>
<td>PRI Concepts of Impingement and Instability</td>
</tr>
<tr>
<td></td>
<td>• Associated Compensatory Patterns</td>
</tr>
<tr>
<td></td>
<td>• Contributing Factors</td>
</tr>
<tr>
<td>9-10</td>
<td>Sagittal vs. Salamander (Frontal Plane)</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-11</td>
<td>Interferences and Influences on Gait - An Intuitive Perspective by Ron Hruska</td>
</tr>
<tr>
<td></td>
<td>• Unscientific Interactive Incident Intensity</td>
</tr>
<tr>
<td></td>
<td>• PRI Gait Analysis</td>
</tr>
<tr>
<td>11-12</td>
<td>Left AIC Foot and Ankle Pattern</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-3</td>
<td>Calcaneal Instability</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-5</td>
<td>Patellar Instability</td>
</tr>
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**DAY TWO**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45-8</td>
<td>Sign-In and Light Breakfast</td>
</tr>
<tr>
<td>8-8:30</td>
<td>Overview of Tri-Planar Stability: T8 to Sacral Base</td>
</tr>
<tr>
<td>8:30-9</td>
<td>Femoral Instability</td>
</tr>
<tr>
<td>9-10</td>
<td>Pelvis Instability and Ischial Tendonitis</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-12</td>
<td>Hip and Groin Impingement</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Right BC PRI Treatment Guidelines</td>
</tr>
<tr>
<td>2-3</td>
<td>Scapular Thoracic Instability</td>
</tr>
<tr>
<td></td>
<td>• Mechanics</td>
</tr>
<tr>
<td></td>
<td>• Hruska Classification of Scapular Resting Position</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-5</td>
<td>Scapular Thoracic Stabilization Related to Impingement and Instability</td>
</tr>
</tbody>
</table>

SECONDARY COURSE
CERVICAL
REVOLUTION

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. Airway alignment, hyoid location, vocal cord function, diaphragmatic demand and arthrokinematic correlations will be discussed, as they relate to the left sidebending and right torsion physiologic cranial positions. 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 integration.

- Prior attendance of Postural Respiration is recommended.
- Please visit posturalrestoration.com for more information, including course objectives.

Course Agenda

**DAY ONE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>8-9:30</td>
<td>Overview of the Cervical-Cranial Complex and Related Evolutionary Concepts</td>
</tr>
<tr>
<td>9:30-10</td>
<td>Neurovascular Implications of Cervical Restriction</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-10:45</td>
<td>Normal Cervical Tri-Planar Passive Motion</td>
</tr>
<tr>
<td>10:45-11:15</td>
<td>Intracervical Spinal Coupling Considerations</td>
</tr>
<tr>
<td>11:15-12</td>
<td>Occipital Atlanto (Cranio-Cervical) Joint Function</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-3</td>
<td>Cervical Examination Overview and Reasoning (Demonstration and Lab)</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-5</td>
<td>Occipital Influences on Temporal Position and the Temporal Mandibular Cervical Chain (TMCC)</td>
</tr>
</tbody>
</table>

**DAY TWO**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
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<tbody>
<tr>
<td>7:45-8</td>
<td>Sign-In and Light Breakfast</td>
</tr>
<tr>
<td>8-10</td>
<td>Cranial Left Sidebending (SB) Physiologic Position</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-11</td>
<td>Left SB Non-Manual Technique</td>
</tr>
<tr>
<td></td>
<td>• Standing Cervical-Cranial Repositioning (Demonstration and Lab)</td>
</tr>
<tr>
<td>11-12</td>
<td>Overview of Supportive Left SB Non-Manual Techniques</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Right Torsion Physiologic Position</td>
</tr>
<tr>
<td>2-3</td>
<td>Right Torsion Non-Manual Technique</td>
</tr>
<tr>
<td></td>
<td>• Standing Alternating Reciprocal Cranial Expansion (Demonstration and Lab)</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-4</td>
<td>Occlusion as Related to Cervical Neutrality, Airway Alignment and Cranial Balance</td>
</tr>
<tr>
<td>4-4:30</td>
<td>PRI Recommended Proprioceptive Occlusal Orthotics</td>
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<tr>
<td>4:30-5</td>
<td>Overview of Supportive Right Torsion Non-Manual Techniques</td>
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Course Schedule

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<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jan 19-20</td>
<td>Atlanta, GA</td>
</tr>
<tr>
<td>Feb 23-24</td>
<td>New York City, NY</td>
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<tr>
<td>Mar 2-3</td>
<td>Minneapolis, MN</td>
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<tr>
<td>Apr 27-28</td>
<td>Holland, MI</td>
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<tr>
<td>Sep 28-29</td>
<td>Chicago, IL</td>
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<tr>
<td>Oct 26-27</td>
<td>Seattle, WA</td>
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Registration & Fees

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<th>Tuition Level</th>
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<tr>
<td>Early Tuition</td>
<td>$545</td>
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<tr>
<td>Late Tuition (within 4 weeks)</td>
<td>$595</td>
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Register Online! posturalrestoration.com

An Integrated Approach to Treatment of Patterned Cervical Pathomechanics

SECONDARY COURSE
**Course Description**

This advanced course on resolving cranial-based physiologic functional conflict with patterned asymmetrical postural function, will outline integrated-based performance and practice using variable sacral cranial repositioning and oscillatory cranial sacral resolution treatment techniques. Both non-manual and manual application and reasoning will be offered to assist in establishing desired autonomic and central nervous system physiological rest.

- Prior attendance of Impingement & Instability and Cervical Revolution is required.
- *Requests to take this course without completing the pre-requisites will be considered on an individual basis.*

**Course Objectives**

- Provide an overview on how human cortical lateralization, hemispheric specialization and asymmetrical anatomical design influences autonomic nervous system variability and physiologic patterns.
- Outline physiologic relationships of cranial sacral compensatory activity to hemi-bronchi function and corresponding postural asymmetry.
- Outline how to resolve cranial-generated physiological conflict with postural imbalanced centralized sense through sacral cranial resolution of patterned and positional conflict.
- Optimize postural-related functional autonomic physiologic behavior and cranial oscillatory balance through thoracic cranial respiratory rhythm, integrating occlusal, visual and auditory processing when and if necessary.

**Registration & Fees**

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<th>Amount</th>
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Register Online! [posturalrestoration.com](http://posturalrestoration.com)

**Course Agenda**

**DAY ONE**

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30-8</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>8-10</td>
<td>Overview of Postural Issues Related to the Brain's Lateralization, Hemispheric Specialization and the Autonomic and Central Nervous System's Influence on Physiologic and Breathing Patterns</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-12</td>
<td>Cranial Compensatory Behavior Related to Lateralized References, Postural CNS Afferentation and Compensation</td>
</tr>
<tr>
<td>1-12</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-3</td>
<td>Behavior Related to Centered Pressure Perception, Variable ANS Dysafferentation and Convergence from Auditory, Visual, Speech, and Dental Processing</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-5</td>
<td>Cranial Centric Relation and Coincidence with Bronchi Diameter (Autonemics)</td>
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**DAY TWO**

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:45-8</td>
<td>Sign-In and Light Breakfast</td>
</tr>
<tr>
<td>8-10</td>
<td>Resolving Cranial-Generated Physiological Conflict with Postural Imbalanced CNS Sense Through Sacral Cranial Re-Sensing of Position</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-12</td>
<td>Resolving Postural-Related Dysfunctional Autonomic Behavior and Physiology Through Thoracic Cranial Function</td>
</tr>
<tr>
<td>1-12</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Demonstration and Discussion Related to Long Seated PRI Techniques to Reduce Cranial Thoracic Foundational Regulation</td>
</tr>
<tr>
<td>2-3</td>
<td>Cranial Oscillatory Alternation Considerations</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-4</td>
<td>Cranial Clockwise and Counterclockwise Considerations</td>
</tr>
<tr>
<td>4-5</td>
<td>Cranial Osteopathic PRI Manual Technique Considerations</td>
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Advanced Integration

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 respiratory-based techniques will be presented with focus on total body integration of muscle, rather than on individual muscular 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 recommended.
- A certificate for 30 contact hours will be awarded to attendees upon completion of the course.

Course Agenda

DAY ONE: SYNCHRONOUS BREATHING - SAGITTAL REPOSITIONING OF ZOA
7:30-8  Registration and 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  Respiratory Restoration Manual Techniques
3-3:15  Break
3:15-4:30  Cranial Sagittal Respiration as Related to Temporal, Sphenoid and Occipital Rotation
4:30-5  Overview of PRI Polyarticular Chain Relationships and Pathology

DAY TWO: TRIPLANAR ACTIVITY - FRONTAL AND TRANSVERSE INTEGRATION
7:45-8  Sign-In and 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  Integrating PRI ‘Families’ of Muscle
3-3:15  Break
3:15-5  Piriformis Syndrome and Ilio-Sacral Joint Dysfunction as Related to Transverse Reciprocal Activity

Course Schedule

December 5-8   Lincoln, NE
Course Objectives

- Recognize the sequential relationship between restored left AF IR and right apical expansion.
- Describe how to apply manual techniques, integrating specific reasoning and influences on PRI testing outcomes.
- Examine the role of the respiratory system and cycle on frontal and transverse planes of activity.
- Outline PRI tri-planar anatomical muscle function and anatomy families.
- Identify the influences of thoracic kinetic energy and movement patterns on kinematics of the gait cycle.
- Explain how human development is impacted by human asymmetry and etiopathogenesis of three dimensional spinal and torso torsional deformity.
- Identify how to integrate and facilitate PRI position and pattern concepts in the treatment of idiopathic curvatures of the spine, keeping activity demands, performance patterns, and environmental issues in mind.
- Outline how to design an integrative plan, that utilizes PRI concepts to maximize thoracic, abdomen, and pelvis symmetry and alternation with extremity reciprocal activity in daily living.

Registration & Fees

<table>
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<th></th>
<th>Early Tuition $895</th>
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<td>Register Online!</td>
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<td>posturalrestoration.com</td>
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</table>

DAY THREE: THORACIC INTEGRATION - FLEXION

7:45-8 Sign-In and 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.)
3-3:15 Break
3:15-4 Upright Integrative Techniques
4-5 PRI Considerations for the Overhead Athlete

DAY FOUR: CURVATURE OF THE SPINE

7:45-8 Sign-In and Light Breakfast
8-8:30 Pattern vs. Position
8:30-10 Asymmetrical Human Development, Etiopathogenesis of Curvature of the Spine, and Childhood Management
10-10:15 Break
10:15-12 Scoliosis Screening, Curve Classifications, Evaluation and Treatment Focus
12-1 Lunch (on your own)
1-3 Scoliosis Management
3-3:15 Break
3:15-5 Alternating Reciprocal Thoracic Rotation
International Courses

Germany
Sep 14-15   Munich, DE
Impingement & Instability

Australia
Jun 22-23   Sydney, AU
PRI Integration for Fitness & Movement

Japan
*All three primary courses will be offered throughout the year in Japan. Please visit posturalrestoration.com/japan for the most up-to-date course schedule.
Travel with PRI

Following the Impingement and Instability course in Munich, Germany, on September 14-15th, extend your stay on a 10 day group tour with Ron Hruska and other PRI colleagues.

- Travel from Munich to the Bohemian Czech village of Český Krumlov situated on the banks of the Vltava River.
- Next it’s on to Prague, the capital city of the Czech Republic. It avoided major destruction in WW II and is now much like a living museum.
- Travel south to Salzburg, birth city of Mozart and also admired as the film location of the “Sound of Music.”
- Journey to Olympic Innsbruck for a stay in the heart of the Tyrol. The city is surround by the majestic Alps.
- Conclude the tour in Munich as you sample the festive Octoberfest! Join us on this exciting tour in Europe!

For more information, please visit posturalrestoration.com/programs-courses/travel-with-pri.

*This tour is limited to the first 50 registrants, and will require a minimum of 25 passengers registered by March 1, 2019 to be confirmed.
Interdisciplinary Integration

Description

Our postural and breathing behavior is modified by and modifies our voice. The 11th Annual Interdisciplinary Integration Symposium will provide an overview of this symbiotic relationship. Humans pull air, and push air, but more importantly regulate the flow of air to survive. In a broad sense, this flow we produce to communicate meaning, ideas, opinions, etc. influences our behavior on how we process all of our senses and body positions. In the narrow sense, voice production refers to sounds produced by vocal fold vibration, or voiced sounds. This is contrast to unvoiced sounds which are produced without vocal fold vibration, such as whispering and fricatives.

Epiglottic and infra-glossus functions are strongly correlated with positional placement of the larynx, hyoid and airway. Caudal, cephalic, sagittal, or lateral displacement of any of the latter will have a compensatory impact on the control and patterns developed by our tongue and respiratory system. Therefore, proper maintenance of airway opening during inhalation depends on the orientation, diameter, adduction and abduction activity of vocal folds, and vibratory regulation of the larynx. The human’s truncal posture and power is regulated by this activity through establishment of intrathoracic and intraabdominal pressure through intrinsic laryngeal musculature, in, on and around the larynx.

These topics, and their impact on and integration with anatomical oscillation, should appeal to all professionals associated with speech, airway management, respiratory function, pulmonary endurance, rhythmic movement and autonomic regulation. This year’s speakers represent five different disciplines and they all have demonstrated a strong commitment to the subject matter they will present, through professional peer publication, ongoing educational instruction as faculty, and interactive clinical application.

Airway Oscillation: An Interdisciplinary Approach to the Production of Voice, Airflow, and Resonance Frequency Breathing

Agenda

DAY ONE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30-8</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>8-8:45</td>
<td>Opening Remarks&lt;br&gt;- Ron Hruska, MPA, PT</td>
</tr>
<tr>
<td>8:45-10:15</td>
<td>Oscillations and Resonance Frequencies of the Breath and the Body - Part 1&lt;br&gt;- Dr. Rosalba Courtney, ND, DO, PhD</td>
</tr>
<tr>
<td>10:15-10:30</td>
<td>Break</td>
</tr>
<tr>
<td>10:30-12:30</td>
<td>Mechanisms of Speech Production&lt;br&gt;- Dr. Brad Story, PhD</td>
</tr>
<tr>
<td>12:30-1:30</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:30-3:30</td>
<td>Understanding and Addressing Airway Obstruction: Relating Vocal Articulators to the Whole Body&lt;br&gt;- Ruth Hennessy, MM, Indiana University</td>
</tr>
<tr>
<td>3:30-3:45</td>
<td>Break</td>
</tr>
<tr>
<td>3:45-5:15</td>
<td>Sensing the Rhythm: Exploring Music without Hearing&lt;br&gt;- Mandy Harvey, America’s Got Talent Season 12 Finalist</td>
</tr>
</tbody>
</table>
**Objectives**

- Explain how patterned soft tissue relates to strategic mechanical vocal cord function.
- Recognize and utilize resonance frequencies of breathing to assist in therapeutic management of dysautonomia and other autonomic nervous system disorders.
- Recognize how to correct common airway phonation issues that enhance optimal airway function.
- Identify how to modify the practice of resonance frequency breathing and breathing oscillations to improve psychobiological, biomechanical, and biochemical behavior.
- Outline how to implement semi-occluded vocal tract exercises that use voiced fricatives and nasals in speech for proper respiration regulation.

**Registration & Fees**

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<tr>
<td>Late Tuition (within 4 weeks)</td>
<td>$545</td>
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Register Online!
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*Please register early. Registration is limited to 100 seats.*

**Course Schedule**

**April 11-12  Lincoln, NE**

**Speakers**

- Ron Hruska, MPA, PT
- Dr. Rosalba Courtney, ND, DO, PhD
- Dr. Brad Story, PhD
- Ruth Hennessy, MM, Indiana University
- Mandy Harvey, America’s Got Talent Season 12 Finalist
- Dr. Howard Hindin, DDS
- Dr. Ingo Titze, PhD
**Course Description**

Co-taught by Ron Hruska and Dr. Heidi Wise, 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**

- Outline the three levels of integrative visual dysfunction.
- Identify how to reduce torque and tension on the patient with patterned postural embedded strategies through visual integration.
- Explain how the visual autonomic system can directly influence neuromuscular tension and tone.
- Outline how to design a head on body and body on body functional orthostatic program that utilizes PRI Vision concepts.

**Course Agenda**

**DAY ONE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30-8</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>8-8:30</td>
<td>“Sight” vs. “Vision”</td>
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<tr>
<td>8:30-9:30</td>
<td>Visual Function of the Stance Cycle of Gait</td>
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<tr>
<td>9:30-10</td>
<td>PRI Vision Integration Assessment</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-10:45</td>
<td>PRI Vision Integration Assessment (Lab)</td>
</tr>
<tr>
<td>10:45-11</td>
<td>Considerations for Seated Visual Integration Testing and Activity</td>
</tr>
<tr>
<td>11-12</td>
<td>Demonstration of Visual Behaviors and Modification During Stance Cycle of Gait</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Centering – Upright Postural Control During Midstance Using Ground and Visuospatial Integration</td>
</tr>
<tr>
<td>2-3</td>
<td>Overview of PRI Vision Concepts as Related to Tri-Planar Function</td>
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<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-3:45</td>
<td>How to Interpret Visual Prescriptions Using PRI Vision Concepts</td>
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<tr>
<td>3:45-4:30</td>
<td>Visual Findings that Reflect Neural Neutrality – Current Theories</td>
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<td>4:30-5</td>
<td>Overview of Appendix Material</td>
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**DAY TWO**

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<th>Time</th>
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<tr>
<td>7:45-8</td>
<td>Sign-In and Light Breakfast</td>
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<tr>
<td>8-10</td>
<td>Level I Postural-Visual Dysfunction</td>
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<td>10-10:15</td>
<td>Break</td>
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<tr>
<td>10:15-11</td>
<td>Identification and Treatment Considerations of Level II &amp; Level III Postural-Visual Dysfunction</td>
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<tr>
<td>11-12</td>
<td>Introduction to Phases of Treatment for PRI Vision Sensory Integration Program</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Phase I PRI Vision Treatment Techniques (Lab)</td>
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<tr>
<td>2-3</td>
<td>Phase II PRI Vision Treatment Techniques (Lab)</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
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<tr>
<td>3:15-4</td>
<td>Phase III PRI Vision Treatment Techniques (Lab); Thoracic Rotation Supplemental Activities for Thoracic Sensory Awareness</td>
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<tr>
<td>4-5</td>
<td>Case Examples and Questions</td>
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**Registration & Fees**

- **Early Tuition** $525
- **Late Tuition (within 4 weeks)** $575

*Private course available upon request. Please contact PRI for more details.*

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Message from James

Get excited for the new Pediatrics course in 2019! Lisa Mangino and I are finalizing course content, including an appendix full of creative pediatric techniques and play recommendations for this new course being offered in 2019 and you’re going to love it. Lisa has been amazing to work with and I look forward to you getting the chance to meet her, feel her passion and glean from her experience. On the other end of the age spectrum, the Geriatrics course continues to be an amazing resource for the “Immobile, Frail and Chronic” in all clinical settings. The course reviews are overwhelmingly positive, citing the user-friendly nature of all the techniques and the simplicity of the testing and treatments for the full spectrum of Geriatric patients. And I’m excited to announce that both the Baseball course and the Fitness and Movement course will be updated for 2019. Ben Hagar and I have been collaborating throughout the year on better ways to help course attendees understand and deliver treatment for the overhead rotational athlete. His understanding of throwing and hitting mechanics, human movement analysis and his passion for getting things right have made this process a pleasure. And, it seems like Julie Blandin and I are always collaborating on ways to better deliver the Fitness and Movement material. The diversity of her background in fitness, athletic training, strength and conditioning, and Pilates, combines well with her commitment to give each course attendee the best possible experience. We are looking forward to sharing these course updates with you in the upcoming year. And last but not least, Sarah Petrich, Donna Parise Byrne and I continue to be excited to offer the Pilates course to new audiences in different parts of the country. Course attendees have absolutely loved this course manual and raved about the overall Pilates course experience, even though the course has had limited interest up to this point. We look forward to getting the word out on this under-appreciated “best kept secret” in 2019 and hope you can join us!

PRI Affiliate Courses

PRI Integration for Geriatrics
Jan 12-13  Dallas, TX
Feb 16-17  Chicago, IL
Sep 7-8  Seattle, WA
Oct 12-13  Bradenton, FL

PRI Integration for Baseball
Nov 23-24  Phoenix, AZ

PRI Integration for Fitness & Movement
Jan 5-6  Tucson, AZ
Mar 30-31  Brunswick, ME
Jun 22-23  Sydney, AU
Jul 13-14  Boston, MA
Aug 24-25  Columbus, OH
Sep 28-29  Fort Collins, CO

PRI Integration for Pediatrics
Oct 26-27  Chapel Hill, NC

PRI Integration for Pilates
Apr 27-28  St. Louis, MO
Nov 16-17  Madison, WI

PRI Integration for Pediatrics
Oct 26-27  Chapel Hill, NC

Faculty

James Anderson
MPT, PRC
Director of Affiliate Courses
PRI Integration for Geriatrics

Julie Blandin
PT, ATC, CSCS, PRC
PRI Integration for Fitness & Movement

Ben Hagar
PT, CSCS, PRC
PRI Integration for Baseball

Lisa Mangino
PT, DPT, PCS, C/NDT, PRC
PRI Integration for Pediatrics

Donna Parise Byrne
PT, OCS, PRC
PRI Integration for Pilates

Sarah Petrich
DPT, PRC, PMA-CPT
PRI Integration for Pilates

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PRI Integration for Geriatrics

Restoring Alternating Function in the Immobile, Frail and Chronic

Course Description
This advanced lecture and lab course is designed to help clinicians restore gait dynamics and functional performance when working with geriatric populations or the immobile, frail or chronic of any age. Participants will gain an appreciation for PRI fundamental principles and the common asymmetrical patterns that can lead to faulty movement, pathomechanics and pain. PRI assessment tests designed specifically for geriatrics and low functioning patients, clients or athletes will be introduced to guide exercise selection, program planning and to monitor progress. Treatment recommendations are designed specifically for geriatric and low functioning populations to help them deliver successful treatment outcomes when traditional PRI positions and activities may not be well tolerated. Respiration and alternating reciprocal movement will be emphasized during program development and lab experiences to help restore ADL function, bed mobility, transfer ability, dynamic balance and gait performance.

Course Objectives
- Explain the influence of asymmetrical breathing on tri-planar gait dynamics and functional performance.
- Identify the human asymmetrical patterns that can negatively influence alternating reciprocal motion in the bed, recliner, chair and upright positions.
- Recognize how to assess movement dysfunction by breaking down the essential components of early stance, late stance and swing in gait.
- Outline how to design a functional program using PRI concepts and techniques to restore alternating reciprocal function across the pelvis, thorax and extremities.

Course Schedule

| Jan 12-13       | Dallas, TX |
| Feb 16-17      | Chicago, IL |
| Sep 7-8        | Seattle, WA |
| Oct 12-13      | Bradenton, FL |

Registration & Fees

| Early Tuition   | $495 |
| Late Tuition    | $545 |
| Late Tuition (within 4 weeks) | $545 |

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*Private course available upon request. Please contact PRI for more details.

Course Agenda

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<td>8-10</td>
<td>Introduction to PRI and the Patterned Human Body</td>
</tr>
<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-12</td>
<td>The Influence of Respiration and Zone of Apposition (ZOA) on PRI Assessment Tests</td>
</tr>
<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-2</td>
<td>Overview of the Thorax and Shoulder (BC) Pattern as Related to Respiration; Sidelying Shoulder Horizontal Abduction Test (Lab)</td>
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<tr>
<td>2-3</td>
<td>Overview of the Pelvis and Hip (AIC) Pattern as Related to Stance and Swing Phases of Gait</td>
</tr>
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<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-4</td>
<td>Seated Gait Integration Test (Lab)</td>
</tr>
<tr>
<td>4-5</td>
<td>The Influence of the Left AIC Pattern on the Foot and Ankle; Seated Eversion with Hip Abduction Test (Lab)</td>
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<tbody>
<tr>
<td>7:45-8</td>
<td>Sign-In and Light Breakfast</td>
</tr>
<tr>
<td>8-9</td>
<td>Managing Functional Routines in the Home</td>
</tr>
<tr>
<td>9-10</td>
<td>Bed Mobility: Improving Self-Mobility Treatment Recommendations (Lab)</td>
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<tr>
<td>10-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-12</td>
<td>Transfers: Improving Self-Mobility Treatment Recommendations (Lab)</td>
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<tr>
<td>12-1</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1-3</td>
<td>Balance: Improving Single Leg Mobility Treatment Recommendations (Lab)</td>
</tr>
<tr>
<td>3-3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:15-4</td>
<td>ADL and Pre-Gait Training</td>
</tr>
<tr>
<td>4-5</td>
<td>Gait: Improving Upright Mobility Treatment Recommendations (Lab)</td>
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<td>The Influence of the Left AIC Pattern on the Foot and Ankle; Seated Eversion with Hip Abduction Test (Lab)</td>
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Course Objectives

- Explain the influence of asymmetrical breathing on tri-planar gait dynamics and functional performance.
- Identify the human asymmetrical patterns that can negatively influence alternating reciprocal motion in the bed, recliner, chair and upright positions.
- Recognize how to assess movement dysfunction by breaking down the essential components of early stance, late stance and swing in gait.
- Outline how to design a functional program using PRI concepts and techniques to restore alternating reciprocal function across the pelvis, thorax and extremities.

Registration & Fees

| Early Tuition   | $495 |
| Late Tuition    | $545 |
| Late Tuition (within 4 weeks) | $545 |

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*Private course available upon request. Please contact PRI for more details.*
PRI Integration for Baseball

Restoring Reciprocal Performance in the Patterned Baseball Athlete

Course Description
This advanced lecture and lab course will explore asymmetrical human patterns and how they contribute to pathological 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.
- Recognize how to assess thoracic scapular and scapular thoracic mechanics for tri-planar performance.
- Identify how to improve rotational power and unlock tri-planar performance using principles of inhibition and balanced muscle integration.
- Outline how to design a PRI neuromuscular inhibition program for position-specific issues in the baseball athlete.

Course Agenda

DAY ONE
7:30-8 Registration and 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 and Light Breakfast
8-10 PRI Baseball Examination Tests
• 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 Rotational Patterns of the Thorax
2-3 Patterned Treatment Considerations
3-3:15 Break
3:15-4 Patterned Treatment Considerations (cont.)
4-5 Pitching Performance Training

Course Schedule
Nov 23-24 Phoenix, AZ

Registration & Fees
Early Tuition $495
Late Tuition (within 4 weeks) $545
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*Private course available upon request. Please contact PRI for more details.
PRI Integration — for Fitness & Movement

Restoring Tri-Planar Performance Through Respiration and Alternating Reciprocal Activity

Course Description
This advanced lecture and lab course is designed to assist personal trainers, fitness instructors, coaches, physical therapists, 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, as well as 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
- Recognize how rib movement, thoracic posture, and airflow patterns affect core performance and dynamic movement tendencies.
- Explain how principles of gait, grounding, and proprioceptive integration influence power development and athletic durability.
- Identify how to screen for compensatory movement dysfunction in the sagittal, frontal, and transverse planes.
- Outline how to design a neuromuscular inhibition program that allows training without compensation in each of the three performance planes.

Registration & Fees

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Register Online! posturalrestoration.com

Course Schedule

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<td>Sep 28-29</td>
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Course Agenda

**DAY ONE**
- 7:30-8 Registration and 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 Posture, Gravity and Loading
- 1:30-3 Thoracic Posture and Axial Stabilization (Lab)
- 3-3:15 Break
- 3:15-4 Sagittal Plane Preservation
- 4-5 Sagittal Plane Screening and Inhibition (Lab)

**DAY TWO**
- 7:45-8 Sign-In and Light Breakfast
- 8-9 Sagittal Programming (Lab)
- 9-10 Sensing Position and the Ground
- 10-10:15 Break
- 10:15-11 Thoracic-Acetabular Abduction and Gait
- 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

*Private course available upon request. Please contact PRI for more details.*
**PRI Integration for Pilates**

Retraining Asymmetrical Breathing and Postural Patterns to Restore Balanced Movement

**Course Description**

This advanced lecture and lab course is designed to help Pilates instructors, physical therapists, fitness professionals, strength coaches, personal trainers and other rehab and wellness professionals address asymmetrical breathing and postural patterns in the Pilates and rehab environment. Participants will gain an appreciation for PRI principles and the common asymmetric neuromuscular patterns that can lead to faulty movement, pathomechanics, and pain. PRI Pilates screening assessments will be introduced to guide exercise selection, technique cueing, and programming. Lab activities will allow participants to experience application of screening assessments and new exercise techniques on the reformer, chair, and mat. PRI Pilates screening assessments and proper application of the new integrated exercise techniques will help participants successfully retrain balanced movement and deliver successful Pilates programs in the studio and/or clinic.

**Course Objectives**

- Recognize and assess human asymmetrical breathing and movement patterns that can contribute to faulty movement, pathomechanics, and pain.
- Deepen understanding of dysfunctional breathing patterns commonly used with core abdominal training and learn how to prevent the misuse of abdominals.
- Discover how to organize body movements with proper utilization of reference centers, grounding, proprioception, and cueing to inhibit overactive muscle chains.
- Apply PRI concepts to Pilates repertoire/exercise programming on the reformer, chair, and mat to normalize asymmetrical functional movement.

**Course Agenda**

**DAY ONE**

7:30-8 | Registration and 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 | Pilates PRI Introduction
1:30-3 | Lateralized Gait and Sensing; Foot and Hand Reference Centers
3-3:15 | Break
3:15-4 | Reformer Supine Gait Integration Test (Lab)
4-5 | Breathing & Repositioning (Lab)

**DAY TWO**

7:45-8 | Sign-In and Light Breakfast
8-9 | Reformer Sidelying Stance Test (Lab)
9-10 | Reformer Quadruped Abdominal Lateralization Test (Lab)
10-10:15 | Break
10:15-12 | PRI Pilates Level 1 Reformer Exercise (Lab)
12-1 | Lunch (on your own)
1-2:30 | PRI Pilates Level 2 Reformer Exercise (Lab)
2:30-3 | PRI Pilates Level 3 Reformer Exercise (Lab)
3-3:15 | Break
3:15-4 | PRI Pilates Level 3 Reformer Exercise (Lab cont.)
4-5 | Mat & Chair Exercise Selection and Class Flow (Lab)

**Course Schedule**

Apr 27-28 | St. Louis, MO
Nov 16-17 | Madison, WI

**Registration & Fees**

- **Early Tuition** | $495
- **Late Tuition** (within 4 weeks) | $545

*Private course available upon request. Please contact PRI for more details.

[Register Online! posturalrestoration.com](http://www.posturalrestoration.com)
PRI Integration for Pediatrics

Restoring Symmetrical Respiration and Movement to Optimize Functional Development and Meaningful Play

Course Description
This advanced lecture and lab course is designed to assist pediatric physical therapists, occupational therapists, speech & language pathologists and other members of the pediatric interdisciplinary team in obtaining optimal outcomes for developmental or acquired pediatric conditions. Participants will learn to understand the influence of inherent human asymmetry on a developing human system as they begin training optimal respiration and also the alternating, reciprocal movement patterns that support optimal respiration. Common compensatory movement patterns seen in children at different functional levels, with and without medical diagnoses, will be identified. These include the overuse of asymmetrical respiratory patterns, system extension and right-sided lateralization. Consideration will be made for the sensory processing contributions from oral/tongue, visual, auditory, and proprioceptive senses. PRI assessment tests designed specifically for diverse pediatric populations will be presented. Treatment program development and lab experiences are designed to help children obtain optimization of gross motor milestone acquisition, functional gait and meaningful play. Treatment recommendations are provided for immediate clinical application, complete with play activity suggestions for optimal patient compliance and interest.

Course Objectives
- Explain the influence of asymmetrical diaphragm function, rib cage movement and airflow patterns on the developing human system.
- Identify common pediatric compensations like the overuse of system-wide (multi-sensory) extension patterns, hyperinflation and right-sided lateralization.
- Recognize how to enhance the child’s autonomic perception of environmental/task factors, respiration, proprioception, and grounding by strengthening awareness of sensory processing and postural reference centers.
- Outline how to design a neuromuscular inhibition program to balance polyarticular muscle chain function for optimizing appropriate pediatric tri-planar respiration during ambulatory, purposeful and playful movement.

Course Agenda

**DAY ONE**
7:30-8 Registration and Light Breakfast
8-10 Introduction to PRI and the Patterned Human Body
10-10:15 Break
10:15-12 The Influence of Respiration and the Zone of Apposition (ZOA) on PRI Assessment Tests
12-1 Lunch (on your own)
1-2 Pediatrics and PRI Introduction
2-3 PRI Pediatric Posture, Movement and the Child’s Ability to Sense
3-3:15 Break
3:15-5 PRI Pediatric Assessment Tests/Observations and Interpretation (Lab)

**DAY TWO**
7:45-8 Sign-In and Light Breakfast
8-8:30 Review of PRI Patterns and Pediatric Movement Compensatory Patterns
8:30-10 Treatment Programming to Obtain Respiratory Balance and Efficiency (Left ZOA) to Decrease Early System Extension Dependency and Development (Lab)
10-10:15 Break
10:15-12 Treatment Programming to Increase Frontal Plane Control and Decrease Right Postural Lateralization (Lab)
12-1 Lunch (on your own)
1-3 Treatment Programming to Increase Autonomic Awareness of Left Respiratory Reference for Non-Compensatory Trunk Rotation (Lab)
3-3:15 Break
3:15-4 Overview of Integrated Gait Sequence
4-5 Case Studies

Registration & Fees

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<tr>
<td>Late Tuition (within 4 weeks)</td>
<td>$545</td>
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*Private course available upon request. Please contact PRI for more details.

**Course Schedule**
Oct 26-27  Chapel Hill, NC

**Course Description**
This advanced lecture and lab course is designed to assist pediatric physical therapists, occupational therapists, speech & language pathologists and other members of the pediatric interdisciplinary team in obtaining optimal outcomes for developmental or acquired pediatric conditions. Participants will learn to understand the influence of inherent human asymmetry on a developing human system as they begin training optimal respiration and also the alternating, reciprocal movement patterns that support optimal respiration. Common compensatory movement patterns seen in children at different functional levels, with and without medical diagnoses, will be identified. These include the overuse of asymmetrical respiratory patterns, system extension and right-sided lateralization. Consideration will be made for the sensory processing contributions from oral/tongue, visual, auditory, and proprioceptive senses. PRI assessment tests designed specifically for diverse pediatric populations will be presented. Treatment program development and lab experiences are designed to help children obtain optimization of gross motor milestone acquisition, functional gait and meaningful play. Treatment recommendations are provided for immediate clinical application, complete with play activity suggestions for optimal patient compliance and interest.

**Course Objectives**
- Explain the influence of asymmetrical diaphragm function, rib cage movement and airflow patterns on the developing human system.
- Identify common pediatric compensations like the overuse of system-wide (multi-sensory) extension patterns, hyperinflation and right-sided lateralization.
- Recognize how to enhance the child’s autonomic perception of environmental/task factors, respiration, proprioception, and grounding by strengthening awareness of sensory processing and postural reference centers.
- Outline how to design a neuromuscular inhibition program to balance polyarticular muscle chain function for optimizing appropriate pediatric tri-planar respiration during ambulatory, purposeful and playful movement.

**Registration & Fees**

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<tr>
<th>Tuition Level</th>
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<tr>
<td>Early Tuition</td>
<td>$495</td>
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Discover our video subscription platform featuring presentations and videos of Ron and other PRI faculty, speakers, staff, or credentialed providers discussing topics related to PRI course material, case study management, manual and non-manual techniques, and interdisciplinary integration.

Each month, four new videos are added to the platform exploring a variety of topics, and generally ranging in length from 20-50 minutes. As a subscriber, you will receive access to videos from the time you sign up, in addition to videos posted up to 30 days prior for a fee of $37/month or $360/year (savings of $84). Visit privideoforyou.com for more information or to sign up!
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