

PRI Integration for Fitness & Movement

Course information

This advanced lecture and lab course is designed to assist personal trainers, fitness instructors, coaches, sports medicine professionals, and movement enthusiasts in restoring tri-planar function and core performance. Participants will gain an appreciation for PRI fundamental principles as applied to various fitness, performance, and rehabilitation settings. PRI based screening tools will be provided to guide exercise selection, technique cueing, periodization cycles, and programming. Emphasis will be placed on neurological movement concepts like grounding, centering, inhibition, 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.

General Objectives thus far displayed (can add to these as needed)

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

Day One Agenda

7:30-8	Registration and Light Breakfast
8-10	Introduction to PRI and the Patterned Human Body (including the concept of the T8 Core Zone)
10-10:15	Break
10:15-12	The Influence of Respiration and Zone of Apposition on PRI Assessment Tests
12-1	Lunch (on your own)
1-2:30	Application of Neurological-based movement concepts, such as Grounding, Centering, Inhibition, and Proprioceptive Integration
2:30-3	Neurological Awareness Lab
3-3:15	Break
3:15-4:30	Tri-planar Mechanics: Breakdown, Sequencing, and Progressions around the T8 zone
4:30-5	Sagittal Plane Preservation Lab

Day Two Agenda

7:45-8	Sign in and Light Breakfast
8-9	Interdisciplinary Integration and achieving excellence within scope of practice
9-10:30	PRI based screening tools for fitness and movement
10:30-11	Movement Screening Lab
11-12	Introduction and progression of alternating Reciprocal Cross Connect, Cross Crawl, and Push-Pull patterns
12-1	Lunch (on your own)
1-2:15	Squat discussion and Lower Body considerations. Including training recommendations for the PEC patterned athlete
2:15-3	Pressing and Upper Body considerations
3-3:15	Break
3:15-4	Integration of Restoration and Inhibition for Performance Enhancement
4-5	Program design, Periodization Cycles and Case Studies

PRI Integration for Fitness & Movement

Frequently Asked Questions and Discussion Points

Who is the audience? The audience is geared to similar attendees to the regular PRI courses but will also include non-degreed personal trainers, fitness instructors, coaches, and movement enthusiasts. We are anticipating quite a mix of educational levels. This course is going to help people apply and put together concepts taught in the introductory courses, but will not replace one's need to attend introductory courses. It will have pieces from I&I and annual symposiums from previous years as they relate to fitness, health, movement analysis, and progressions. We anticipate many people that have attended previous PRI courses will attend, so we are also introducing and defining some new concepts.

What do you mean by Periodization? Think of periodization as structure and planning for programming. It is the art of that strategic planning which sets apart the novice fitness and health professional from the experienced. Just like high level performance athletes, general population clients have goals too - goals to lose weight, to maximize their capabilities, and prepare for the game of life. Without periodization there may be no structured focus, so physiological responses and adaptations to exercise may not be as effective. Think of periodization here as breaking down physiological requirements of movement and creating appropriate training methods to maximize adaptation and altering energy systems to meet client's needs. We will use some concepts of periodization in program design suggestions and guidelines.

What is the purpose of the course and how much does what we traditionally think of as PRI fit into a fitness model? PRI can provide a fabulous objective framework to looking at an athletic body in balance. Most people who have spent time learning PRI would agree there is a place for it. Plus PRI courses are being filled with strength coaches and fitness professions more and more, so though it was traditionally introduced to healthcare rehab professionals, we are continuing to grow and expand to help facilitate learning and the advanced application of the PRI science.

We all have something in common – whether you are a ATC, strength coach, fitness trainer, PT, chiropractor, etc - note the word "movement" in the course title. Movement is the common thing linking all of us. Our culture of convenience and technological advances have robbed us from developing the natural tri-planar dynamics as our ancestors and most of our clients and patients are not moving as well or as often as they should. Movement can be understood better and we as a PRI community could look at and describe movement more consistently amongst each other.

Additionally, we hear and say things in the industry like "train movement not muscles", but in PRI courses we don't really teach people how to apply the targeted muscle re-education back to movement. That is what this course is about. How do we apply the principles of PRI and get people up and moving? How do we look at movement patterns through a PRI lens? This course will truly bridge the gap to many of the missing links experienced when one tries to learn PRI and address the behaviors, posture, and movement strategies seen which can help or hinder a client's progress.

Remember extension is not necessarily pathology. Extension is just a plane of movement and we would never expect a competitive power lifter or high level athlete to maintain a "neutral spine" at all times. It's impossible. Power lifters and many other athletes need extension, but they don't necessarily need pathology. Though we know from our Impingement and Instability Course that extension tone and torque overtime can create capsuloligamentous restriction, laxity, degeneration, etc., we as a PRI community do not want, nor expect people to completely avoid extension all the time. People can go into hyperextension to perform, compete, and train because it is a valuable movement pattern in the sagittal plane. It depends on a lot of factors as to how we may support personal decisions or needs to push through tissue restriction that's there for a reason. We want to promote integrity of the human machine and athletic durability as much as possible. We can help people better understand the consequences that can happen with faulty movement patterns which are loaded or repeated overtime without adequate counterbalance.

PRI Integration for Fitness & Movement

Ground Rules and Expectations

We absolutely love and welcome input and collaboration to make this course a great experience for all attendees. Everything you submit will be reviewed and considered. If your concepts are original and selected by the Affiliate Course Director, James Anderson, and also the Institute to be used in the course, you will receive full recognition in course manual and slide show. We will give credit, where credit is due 😊

It is ok to challenge and critique ideas, but be considerate and do not offer too much opinion without supporting evidence or objective experience. Take responsibility for the quality discussion around the material you may be passionate about.

Consider everything exchanged and discussed about this course to be strictly confidential. By participating it is assumed you understand your role as a consultant and contributor of material which may be used by the institute to educate others and advance PRI application. We are protective of some of the material we have composed thus far as we do not want any of it in circulation at this time.

What we are looking for:

- Content you are passionate about (which is applicable to use in a course like this)
- Content and ideas that you would want out of a course like this
- Integrative and neuro references related to performance enhancement
- Concepts around how you view movement through a PRI lens
- What movement patterns do you commonly use and apply PRI principles to on a daily basis?
- Pictures or videos of you working with clients and/or patients which will help us understand what you do and may be able to use in the course
- Besides PRI tests, what other tests do you do which you find give you valuable feedback to influence program design?
- Besides PRI patterns of dysfunction, are there any other patterns you look for on a regular basis?
- Ideas to use in a movement screening tool
 - The purpose of a movement screen is to give trainers and coaches a tool that helps them determine what their client needs and provide guidance on progression/periodization and exercise selection
 - Basically the screening tool criteria includes:
 - Easy to implement and grade
 - Minimal to no hands on
 - Simple scoring system and explanation
 - Identify which exercises or activities are recommended to improve this movement pattern
 - Identify which movements should be avoided at this time until re-screening

Material will be reviewed by James Anderson and Julie Blandin. Please submit material to Julie through email julieblandin@hotmail.com. You can expect an email back within 48 hours.

Thank you for your contributions!! We are grateful for everyone passionate about this course content and look forward to reviewing your ideas and adding valuable content from others to this course.