

# 2015 Programs & Courses

### WEST

Anchorage, AK Fort Collins, CO Greeley, CO Huntington Beach, CA Huntington Beach, CA Las Vegas, NV Los Angeles, CA Missoula, MT Palo Alto, CA Phoenix, AZ Salem, OR Salem, OR San Diego, CA San Diego, CA San Diego, CA San Francisco, CA Santa Cruz, CA Seattle, WA Seattle, WA Seattle, WA Seattle, WA Seattle, WA Seattle, WA

### Stanford, CA CENTRAL

Austin, TX Bismarck, ND Chicago, IL Columbus, OH Columbus, OH Coppell, TX Indianapolis, IN Indianapolis, IN Kansas Citv. KS Lincoln, NE Madison, WI Minneapolis, MN Nov 14-15 Feb 21-22 Oct 24-25 Jan 17-18 Oct 31-Nov 1 Sep 19-20 Oct 3-4 Jun 6-7 Aug 15-16 Jan 2-3 Jan 4 Jan 10-11 Mar 28-29 Nov 14-15 Nov 20-21 Nov 22 Apr 26-27 Oct 4-5 Feb 7-8 Aua 22-23 Sep 19-20 Oct 24-25 Jan 24-25 Mar 21-22 Apr 11-12 May 16-17 Jun 13-14 Aug 22-23

Oct 24-25 May 2-3 Nov 7-8 Mar 28-29 Oct 31-Nov 1 Feb 28-Mar 1 Mar 14-15 Aug 22-23 Feb 28-Mar 1

Nov 7-8 Jun 27-28

Feb 28-Mar Jan 10-11 Jan 12-13 Feb 20-21 Apr 16-17 May 29-30 Aug 28-29 Oct 16-17 Dec 3-6

Dec 7-8 Apr 25-26 Oct 10-11 Quincy, IL St. Louis, MO St. Louis, MO

### **NORTHEAST**

Bethesda, MD Bethesda, MD Boston, MA Boston, MA Boston, MA Canton, CT Essex Junction, VT New York, NY New York, NY New York, NY Philadelphia, PA Philadelphia, PA Philadelphia, PA Pittsburgh, PA Richmond, VA Richmond, VA St. Albans, VT Worcester, MA Worcester, MA

### SOUTH

Chapel Hill, NC Clearwater, FL Greenville, SC Miami, FL Palm Beach, FL Raleigh, NC Raleigh, NC Raleigh, NC St. Petersburg, FL St. Petersburg, FL

### **INTERNATIONAL**

Guelph, ON Montreal, QC Osaka, JP Tokyo, JP West Yorkshire, UK West Yorkshire, UK Jan 24-25 Feb 20-21 Sep 11-12

Feb 28-Mar 1 Oct 10-11 Mar 28-29 Jun 6-7 Jul 25-26 Aua 29-30 Jan 24-25 Apr 25-26 May 30-31 Sep 19-20 Mar 7-8 Oct 17-18 Nov 7-8 Sep 12-13 Feb 7-8 Sep 26-27 Oct 10-11 Mar 21-22 Sep 26-27

Mar 14-15 May 2-3 Nov 21-22 Jul 11-12 Feb 7-8 Apr 25-26 Jul 31-Aug 1 Aug 2 Oct 30-31 Nov 1

May 30-31 Mar 7-8 Jul 19-20 Jul 11-12 May 21-22 May 23-24



- Primary Courses
- Secondary Courses
- Annual Symposium
- PRI Affiliate Courses
- PRI Vision Courses
- Credentialing Programs

## Introduction

### directors



Ron Hruska, MPA, PT Director of Postural Restoration Institute



Janie Ebmeier, PTA Director of Business Development



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



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

message from Kol

I want to take this opportunity to thank every one of you who have attended a PRI course in the past. You are part of a family of people who are growing an Institute of passion and pride. Our board of directors, faculty, and credentialed professionals have helped us grow from a total of 46 courses in 2010 to 85 courses scheduled in 2015. We now have over 150 national and international credentialed professionals! I am excited to now have a Director of Affiliate Courses and a Director of Faculty Development. I feel this will make it easier for future course attendees and PRI family to apply PRI conceptually and practically. In the last 5 years, we have more than doubled our annual course attendance and we have added four new affiliate courses. All of the courses continue to focus on multidisciplinary evidence and research, supporting asymmetrical concepts and integrative practice. Course attendance of the athletic trainers, strength coaches, and chiropractors have also increased in the last few years and therefore, so have our credentialing programs. I truly feel blessed to work every day with the staff, directors, and faculty who are family to me; and I am grateful for all of you who have or are considering becoming a part of this unique family and growing Institute.

what to expect

Participants of a Postural Restoration Institute® course 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. Each course participant will receive a course manual over 200 pages in length that complements the speakers presentation along with ready to use non-manual techniques. Please come prepared to advance your knowledge in postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body!

## course registration + confirmation cancellation policy

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

Tuition is refundable less \$50 if cancelled 14 days before the course date. Tuition is not refundable within 14 days of the course. However, you may have someone attend in your place or attend on another date. If you choose to attend on another date, a \$50 fee applies to transfer your registration and tuition credit needs to be redeemed within one year, PRI reserves the right to cancel a course and will refund the tuition fee only.

### **Audience & Accreditation**

Certificates of Completion are awarded to attendees upon the successful completion of each course. Before attending a course, please verify CEU acceptance with your profession's regulating body.

### **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 for course approval details.



PT's and PTA's are eligible to apply for the Postural Restoration Certified™ credentialing program.

### 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.



OT's are eligible to apply for the Postural Restoration Certified™ credentialing program.

### Chiropractors

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



Chiropractors are eligible to apply for the Postural Restoration Certified™ credentialing program.









### Athletic Trainers

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



AT's with Certification through the BOC are eligible to apply for the Postural Restoration Trained™ credentialing program.

### Strength and Conditioning Coaches

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



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

### **Massage Therapists**

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

### Other Healthcare and Fitness **Professionals**

PRI welcomes any interested healthcare or fitness professional to attend our courses. Attendees are responsible for following their state statutes regulating their professional practice as they integrate interdisciplinary PRI concepts. Certificates of Completion are awarded to attendees upon the successful completion of each course.

## **Credentialing Programs**

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



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

### **Course Requirements:**

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

**Application Deadline**September 15, 2015

**Testing** December 7-8, <u>2015</u>

Application available online or by emailing jennifer@posturalrestoration.com



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

### **Course Requirements:**

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

**Application Deadline**October 15, 2015

**Testing** January 11-12, 2016

Application available online or by emailing jennifer@posturalrestoration.com

### benefits of credentialing include

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

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

posturalrestoration.com

# Myokinematic Restoration

### course description

This advanced lecture and lab course explores the biomechanics of contralateral and ipsilateral myokinematic lumbo-pelvic-femoral dysfunction. Treatment emphasizes the restoration of pelvic-femoral alignment and recruitment of specific rotational muscles to reduce synergistic predictable patterns of pathomechanic asymmetry. Emphasis will be placed on restoration, recruitment and retraining activities using internal and external rotators of the femur, pelvis and lower trunk. Guidance will be provided on how to inhibit overactive musculature. This will enable the course participant to restore normal resting muscle position. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as "piriformis syndrome", right ilio-sacral joint dysfunction, and low back strain.



Jan 10-11	Phoenix, AZ	Jul 11-12	Tokyo, JP
Jan 24-25	Santa Cruz, CA	Jul 19-20	Osaka, JP
Feb 7-8	Palm Beach, FL	Aug 28-29	Lincoln, NE
Feb 28-Mar 1	Kansas City, KS	Sep 26-27	Richmond, VA
Mar 21-22	Worcester, MA	Oct 4-5	Salem, OR
Mar 21-22	Seattle, WA	Oct 24-25	Greeley, CO
Apr 25-26	Raleigh, NC	Oct 31-Nov 1	Huntington Beach, CA
May 30-31	Guelph, ON	Nov 7-8	Philadelphia, PA
Jul 11-12	Miami, FL	Nov 21-22	Greenville, SC

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



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

## registration

Live Course (early) \$445
Live Course (late-within 4 weeks) \$475
Home Study Course \$395 + S&H
Register at posturalrestoration.com or call 888-691-4583

Day One	
7:30-8	Registration & Light Breakfast
8-9	Left Anterior Interior Chain (AIC) Pattern & Pelvic Joint Dynamics
9-10	Lumbo-Pelvic-Femoral Capsuloligamentous Issues
10-10:15	Break
10:15-12	Femoral Internal & External Rotators
12-1	Lunch (on your own)
1-2	Myokinematic Influences on the Pelvis & Femur
2-3	Examination Tests & Assessment     Adduction Drop Test     Extension Drop Test     Femoral-Acetabular (FA) Rotation     Trunk Rotation     Hruska Adduction Lift Test     Hruska Abduction Lift Test     Standing Reach Test
3-3:15	Break
3:15-4:15	Examination Tests & Assessment (Lab)
4:15-4:30	Repositioning Through Integrated Isolation Demonstration
4:30-5	Questions
Day Two	
7:45-8	Sign-In & Light Breakfast
8-10	Myokinematic Hierarchy
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7:45-8	Sign-In & Light Breakfast
8-10	Myokinematic Hierarchy
10-10:15	Break
10:15-12	Left AIC Related Pathomechanics: "Piriformis Syndrome", Right Ilio-Sacral Joint Dysfunction, Low Back Strain
12-1	Lunch (on your own)
1-3	Left AIC Myokinematic Integration (Lab)
3-3:15	Break
3:15-5	Designing Specific Sequenced Home Programs

## **Pelvis Restoration**

### course description

This advanced lecture and lab course is designed to assist clinicians with those complex patients that are struggling to improve secondary to poor understanding on how to use their pelvis to restore performance patterns. 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.



Jan 17-18	Huntington Beach, CA	Aug 15-16	Palo Alto, CA
Feb 21-22	Fort Collins, CO	Aug 29-30	Canton, CT
Feb 28-Mar 1	Coppell, TX	Sep 12-13	Pittsburgh, PA
Mar 14-15	Indianapolis, IN	Sep 19-20	Las Vegas, NV
Mar 28-29	Phoenix, AZ	Oct 10-11	St. Albans, VT
Apr 26-27	Salem, OR	Oct 31-Nov 1	Columbus, OH
May 16-17	Seattle, WA	Nov 14-15	Anchorage, AK
Jun 6-7	Boston, MA		

# An Integrated Approach to Treatment of Patterned Pubo-Sacral Pathomechanics



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

## registration

Live Course (early)	\$445
Live Course (late-within 4 weeks)	\$475
Home Study Course \$395 +	S&H
Register at posturalrestoration. or call 888-691-4583	.com

Day One	
7:30-8	Registration & Light Breakfast
8-9	Introduction to Pelvis Neutrality
9-10	Left Anterior Interior Chain (AIC) and Posterior Exterior Chain (PEC) Influence on the Pelvis
10-10:15	Break
10:15-12	Left AIC and PEC Influence on the Pelvis (cont.)
12-1	Lunch (on your own)
1-2	Left AIC and PEC Influence on the Pelvis (cont.)
2-3	Examination Tests and Assessment (Lab)  • Standing Reach Test  • Adduction Drop Test  • Pelvic Ascension Drop Test  • Passive Abduction Raise Test  • Functional Squat Test  • Hruska Adduction Lift Test
3-3:15	Break
3:15-5	Respiratory Influences on the Pelvis
Day Two	
<b>Day Two</b> 7:45-8	Sign-In & Light Breakfast
	Sign-In & Light Breakfast Respiratory Influences on the Pelvis (Lab)
7:45-8	<u> </u>
7:45-8 8-9	Respiratory Influences on the Pelvis (Lab) Treatment of Pelvis Dysfunction as it
7:45-8 8-9 9-10	Respiratory Influences on the Pelvis (Lab) Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern
7:45-8 8-9 9-10	Respiratory Influences on the Pelvis (Lab) Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern Break Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern
7:45-8 8-9 9-10 10-10:15 10:15-12	Respiratory Influences on the Pelvis (Lab) Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern Break Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern (Case Study)
7:45-8 8-9 9-10 10-10:15 10:15-12	Respiratory Influences on the Pelvis (Lab) Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern Break Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern (Case Study) Lunch (on your own) Treatment of Pelvis Dysfunction as it

# **Postural Respiration**

### course description

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the postural influences of: rib torsion, asymmetrical oblique strength, inconsistent breathing patterns, habitual use of accessory respiratory musculature and a restricted diaphragm. The focus of this course will be to "balance" polyarticular muscular chains through focused functional assessment of the thorax. Integrated treatments using manual therapy and specific non-manual techniques to restore respiratory and rotational functions of the trunk will be covered. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as "fibromyalgia", thoracic outlet syndrome, and shoulder dysfunction.



Jan 24-25	Quincy, IL	May 21-22	West Yorkshire, UK
Feb 7-8	San Diego, CA	Jun 6-7	Missoula, MT
Feb 7-8	Richmond, VA	Sep 26-27	Worcester, MA
Mar 7-8	Montreal, QC	Oct 17-18	Philadelphia, PA
Mar 28-29	Columbus, OH	Oct 24-25	Austin, TX
Apr 11-12	Seattle, WA	Nov 7-8	Chicago, IL
Apr 25-26	Madison, WI	Nov 14-15	Phoenix, AZ
May 2-3	Clearwater, FL		

# An Integrated Approach to Treatment of Patterned <a href="Thoraco-Abdominal Pathomechanics">Thoraco-Abdominal Pathomechanics</a>



- Recognize structural influences and breathing patterns of faulty postures.
- Design a postural isolation and inhibition program that includes the integration of appropriate dynamics of respiration to reduce occupational, leisure and sleep breathing dysfunction.
- Release restricted polyarticular chains and torsional patterns of the trunk through specific manual and non-manual orientation of ventilatory muscle.
- Restore thorax-scapular force couples, rib alignment and abdominal-diaphragm muscle integration for appropriate motor and sensory perceptional skill development of the upper extremities.

## registration

Live Course	(early)	\$44!
Live Course	(Curry)	Ψ <b>Τ</b> Τ.

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

Home Study Course \$395 + S&H

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

Day One	
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7:30-8	Registration & Light Breakfast
8-9	Overview of Anterior Interior Chain (AIC), Brachial Chain (BC) and Zone of
	Apposition (ZOA) Relationships
9-10	Faulty Postural Influences Related to
	Postural Respiration
10-10:15	Break
10:15-11	Faulty Postural Influences Related to Postural Respiration (cont.)
11-12	Respiratory Mechanics of the Thorax: Muscle and Structure
12-1	Lunch (on your own)
1-2	Rib Kinematics
2-3	Left AIC Overview and Objective Testing
3-3:15	Break
3:15-4	Left AIC Non-Manual Techniques (Lab)
4-5	Left AIC Manual Restoration Techniques (Lab)
Day Two	
7:45-8	Sign-In & Light Breakfast
8-8:30	Overview of Thoracic Mediastinum Function
8:30-9	Brachial Chain: Muscle and Structure
9-9:30	Postural Respiration Functional Relationships
9:30-10	Right BC Evaluation and Assessment Demonstration
10-10:15	Break
10:15-11:15	Superior T4 Airflow
11:15-12	Right Superior T4 Manual Technique (Lab)
12-1	Lunch (on your own)
1-2	Right BC PRI Treatment Guidelines
2-3	Right Subclavius Manual Technique (Lab) and Demonstration of Remaining Manual BC Techniques
3-3:15	Break
3:15-4	Left Lower Trapezius/Left Serratus
	Anterior Non-Manual Techniques

## **Cervical Revolution**

An Integrated Approach to Treatment of Patterned Cervical Pathomechanics

### course description

This advanced lecture and lab course has been re-designed this year with emphasis placed on the cervical spine and it's relationship to cranial function and position. Cervicothoracic. cervicocranial and craniomandibular muscular patterned influence on temporal, sphenoid and occiput orientation will assist the clinician in determining what PRI manual or non-manual techniques should be considered. In addition to reviewing the relationships of cranial osseous position, emphasis will be placed on correlations of osseous activity with airway obstruction, hyoid and vocal cord dysfunction, dyssynchronous thoracoabdominal inspiration, cervical-cranial symptomology, and mandibular temporal dysfunction. Information will be presented that neuromechanically and physiologically addresses and supports sequential treatment approaches that may include interdisciplinary management from a dentist. Participants will be able to immediately apply PRI clinical assessment tests, cervical and cranial manual techniques, and corresponding specific PRI non-manual techniques for the patient to learn and perform at home.

Prior attendance of *Postural Respiration* is required.

Please visit our website for more information, including course objectives.

posturalrestoration.com

### registration

or call 888-691-4583

Early Tuition	\$465
Late Tuition (within 4 weeks)	\$495
Register at posturalrestoration	on.com

Day One	
7:30-8	Registration & Light Breakfast
8-8:30	Overview on the Relationship of the Left AIC an Right BC to the Neck
8:30-9	Occipital Atlanto (OA) and Atlanto-Occipital (AO Biomechanics
9-10	Sphenoid Occipital-Basilar (SB) and Basilar Sphenoid (BS) Biomechanics (Flexion, Extension, Convexity, Concavity)
10-10:15	Break
10:15-11:15	Temporal Rotation
11:15-12	Temporal Mandibular Cervical Chain (TMCC)
12-1	Lunch (on your own)
1-2	Cervical-Cranial-Mandibular Hyoid Functional Anatomy
2-3	Cranial Extension Assessment
3-3:15	Break
3:15-4:15	Cranial Extension Assessment (Lab)
4:15-5	Cranial Flexion Non-Manual Techniques
Day Two	
7:45-8	Sign-In & Light Breakfast
8-8:30	TMCC Inhalation and Exhalation Mandibular, Temporal and Occipital Correlations
8:30-9	Glossus and Cervical Correlations Associated with Airway, Hyoid and Vocal Cord Function
9-10	Right TMCC Overview and Assessment
10-10:15	Break
10:15-12	Right TMCC Overview and Assessment (cont.)
12-1	Lunch (on your own)
1-2:30	Right TMCC Fronto Occipital Manual Technique
1-2.50	(Demonstration & Lab)
2:30-3	
	(Demonstration & Lab)  Right TMCC Non-Manual Techniques
2:30-3	(Demonstration & Lab)  Right TMCC Non-Manual Techniques (Demonstration)

Jan 24-25
Mar 14-15
May 29-30

# 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, scapula instability, shoulder impingement, and multidirectional HG and FA instability. Guidance will be offered in assessing 'instability' and 'impingement' as related to early and late pathologic function following the asymmetrical human developed pattern (Left AIC/Right BC) of unilateral dominance, habit, and consistent hand and foot usage.

Prior attendance of *Myokinematic Resto*ration and *Postural Respiration* is required.

Please visit our website for more information, including course objectives.

posturalrestoration.com

### registration

Early Tuition	\$465
Late Tuition (within 4 weeks)	\$495
Register at posturalrestorati	on.com

Day One	
7:30-8	Registration & Light Breakfast
9-10	PRI Concepts of Impingement and Instability  • Associated Compensatory Patterns  • Contributing Factors  Sagittal vs. Salamander (Frontal Plane)
10-10:15	Break
10:15-11	Interferences and Influences on Gait - An Intuitive Perspective by Ron Hruska  Unscientific Interactive Incident Intensity PRI Gait Analysis
11-12	Left AIC Foot and Ankle Pattern
12-1	Lunch (on your own)
1-3	Calcaneal Instability
3-3:15	Break
3:15-5	Patellar Instability
Day Two	
7:45-8	Sign-In & Light Breakfast
7:45-8 8-8:30	Sign-In & Light Breakfast Overview of Tri-Planar Stability: T8 to Sacral Base
7.100	Overview of Tri-Planar Stability: T8 to
8-8:30	Overview of Tri-Planar Stability: T8 to Sacral Base
8-8:30 8:30-9	Overview of Tri-Planar Stability: T8 to Sacral Base Femoral Instability
8-8:30 8:30-9 9-10	Overview of Tri-Planar Stability: T8 to Sacral Base Femoral Instability Pelvis Instability and Ischial Tendonitis
8-8:30 8:30-9 9-10 10-10:15	Overview of Tri-Planar Stability: T8 to Sacral Base Femoral Instability Pelvis Instability and Ischial Tendonitis Break
8-8:30 8:30-9 9-10 10-10:15 10:15-12	Overview of Tri-Planar Stability: T8 to Sacral Base Femoral Instability Pelvis Instability and Ischial Tendonitis Break Hip and Groin Impingement
8-8:30 8:30-9 9-10 10-10:15 10:15-12 12-1	Overview of Tri-Planar Stability: T8 to Sacral Base Femoral Instability Pelvis Instability and Ischial Tendonitis Break Hip and Groin Impingement Lunch (on your own) Right BC PRI Treatment Guidelines Scapula Thoracic Instability • Mechanics
8-8:30 8:30-9 9-10 10-10:15 10:15-12 12-1 1-2	Overview of Tri-Planar Stability: T8 to Sacral Base Femoral Instability Pelvis Instability and Ischial Tendonitis Break Hip and Groin Impingement Lunch (on your own) Right BC PRI Treatment Guidelines Scapula Thoracic Instability • Mechanics • Hruska Classification of Scapular Resting

Jan 10-11	Lincoln, NE	Jun 27-28	Stanford, CA
Feb 20-21	St. Louis, MO	Jul 25-26	Boston, MA
Mar 7-8	Philadelphia, PA	Aug 22-23	Indianapolis, IN
Apr 25-26	New York, NY	Sep 19-20	San Diego, CA
May 23-24	West Yorkshire, UK	Oct 10-11	Bethesda, MD

# **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 patho-compensatory and patho-compensatory issues as they relate to the Left AIC and Right BC pattern will be explored in great detail. Anatomy, examination tests, algorithms, and manual and non-manual techniques will be presented with focus on total body integration rather than on individual regions of the body. Participants will be able to immediately apply concepts of synchronous breathing, tri-planar integration, and thoracic-scapular integration in the treatment and management of typical compensatory and non-compensatory musculoskeletal patterns, and pathologic and non-pathologic curvature of the spine, including intervention with daily occupational demands and challenges. This course enables the participant to advance integration of PRI concepts and principles by taking into consideration all patterned muscles outlined in the PRI Primary Courses.

Prior attendance of *Myokinematic Restoration*, *Pelvis Restoration* and *Postural Respiration* is required. A certificate for 30 contact hours will be awarded to attendees upon completion of the course.

### course objectives

- Recognize the sequential relationship between restored left AF IR and right apical expansion.
- 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.
- Balance PRI tri-planar anatomical muscle function and outline anatomy families.
- Identify influences of thoracic kinetic energy and movement patterns on kinematics of the gait cycle.
- 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.
- Develop an integrative plan that utilizes PRI concepts to maximize thoracic, abdomen, and pelvis symmetry; and alternation with extremity reciprocal activity in daily living.

December 3-6

Lincoln, NE

### speakers



Ron Hruska, MPA, PT



James Anderson, MPT, PRC

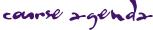


Lori Thomsen, MPT, PRC



Michael Cantrell, MPT, PRC

# A Comprehensive Overview of PRI Science Integrated in an Advanced Manner



Day One: Synchronous Breathing - Sagittal
Repositioning of ZOA

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

### **Day Two:** *Triplanar Activity - Frontal and Transverse Integration*

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

### Day Three: Thoracic Integration - Flexion

	<u>~</u>
7:45-8	Sign-In & Light Breakfast
8-10	Rib Kinematics; Superior T4 Syndrome; Flat Back Syndrome
10-10:15	Break
10:15-12	Brachial Chain (BC) and Thoracic- Scapula Non-Manual Techniques
12-1	Lunch (on your own)
1-3	Brachial Chain (BC) and Thoracic- Scapula Non-Manual Techniques (cont.)
3-3:15	Break
3:15-4:15	Gravity vs. Non-Gravity (Swimmers) Integration
4:15-5:15	Podiatry Integration (Guest Speaker: Paul Coffin. DPM)

### Day Four: Curvature of the Spine

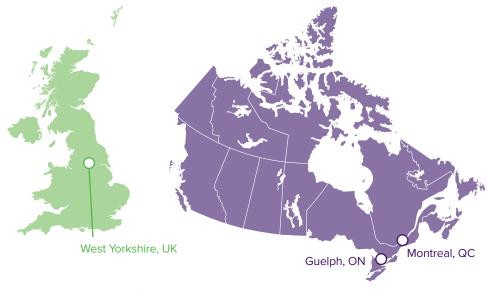
7:45-8	Sign-In & Light Breakfast
8-9	Pattern vs. Position
9-10	Idiopathic Acquired Scoliosis; Non- Patho and Patho Curves
10-10:15	Break
10:15-12	Idiopathic Acquired Scoliosis Management (cont.)
12-1	Lunch (on your own)
1-3	Idiopathic Acquired Scoliosis (cont.); Juvenile Kyphosis
3-3:15	Break
3:15-5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

## registration

Early Tuition	\$825
Late Tuition (within 4 weeks)	\$855
Register at posturalrestoration call 888-691-4583	on.com

# International

# **United Kingdom & Canada**



## course information

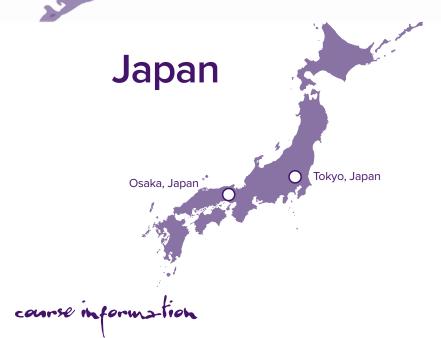
We are excited to return to the United Kingdom and Canada in 2015 for additional PRI courses! PRI courses offered in the UK and Canada will be taught in English. Upon successful completion of the course, each course participant will receive a certificate of completion for 15 contact hours. Courses in the UK will be eligible for CEU's through the National Strength and Conditioning Association (NSCA) and the Board of Certification (BOC). Courses offered in Canada will be eligible for CEU's through the National Strength and Conditioning Association (NSCA), Board of Certification (BOC), and the Canadian Athletic Therapist's Association (CATA).

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

Mar 7-8 Montreal, QC
May 21-22 West Yorkshire, UK
May 23-24 West Yorkshire, UK
May 30-31 Guelph, ON

Postural Respiration
Postural Respiration
Impingement & Instability
Myokinematic Restoration

# Course Activity



PRI is excited to be offering its first course in Japan! PRI courses offered in Japan will be taught in Japanese, and will be accompanied with a course manual that has also been translated so that it includes both English and Japanese text for the course attendee. Courses offered in Japan will be eligible for CEU's through the National Strength and Conditioning Association (NSCA – Japan), and the Board of Certification (BOC).

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

### 講習会のお知らせ

PRIから日本初のPRI公認講習会のお知らせです!本講習会は日本人講師によって日本語で実施され、受講者には英語版と日本語翻訳版の両テキストが配布されます。また、PRIはBoard of Certification (NATA-BOC)及びNational Strength and Conditioning Association (NSCAジャパン)の公認CEUプロバイダーであり、本講習会を修了した有資格者にはCEUが付与されます。講習会の申し込み及び詳細についてはPRIのウェブサイトをご覧下さい。posturalrestoration.com

Jul 11-12 Jul 19-20 Tokyo, JP Osaka, JP Myokinematic Restoration Myokinematic Restoration

# Interdisciplinary Integration

### course description

Our 7th Annual Interdisciplinary Integration Symposium will bring together nine speakers from seven different disciplinary perspectives to share their expertise and experience on working with people who are driven to exceed, excel and excite at the expense of overextending their psychological and physiological systems. The speakers will reflect on the behavior of these "extension powered people" and discuss and demonstrate operational treatment and intervention concepts and guidelines to reduce self-induced "need" for autonomic force. The participant will learn how to recognize conditions and factors that lead to unrealistic or unnecessary functional performance levels, that are often selfimposed or induced. Addressing powered behavior and poorly optimized mindsets through sports performance, vision, and sports psychology intervention will allow the participant to complete realistic functional goals with those who will need to maintain supra-active extended systems to complete required personal outcomes and expectations, regardless of the complexity and realism of the task. Cranial occlusion on the atlas and oral occlusion influences on the posterior neuromuscular pattern of extension will be addressed, which will compliment discussion of how to safely strengthen and condition those who function in un-safe situations using extension. Each of the speakers will apply neuroscience applications to conditions that relate to and reflect the high powered performer.

### **April 16-17**

### Lincoln, NE

### speakers



Ron Hruska, MPA, PT



Heidi Wise, OD, FCOVD Todd Stull, MD, FAPA





Tracy Heller, PhD. CC-AASP



Tim Miles Head Basketball Coach University of Nebraska-Lincoln



Margo Schnell, DDS



Bill Hartman, PT, CSCS



Dallas Wood, ATC, CSCS Zachary Nott, CSCS,



SCCC, PRT

# Extension Powered People: Managing Self-Efficacy Through Integration



- Identify behavioral characteristics of those who are more likely to view difficult tasks as something to be mastered, rather than something to be avoided.
- Recognize how restricted visual perception, occlusal guidance and brainstem movement can alter the strength of one's belief in their own ability to complete tasks and reach goals.
- Learn how to optimize the mindset and biopsychosocial mentality of those who are expected and required to perform.
- Learn how to manage high powered performers by integrating practical neuroscience applications for strengthening and limitations for safe conditioning.

# registration

**Early Tuition** 

Late Tuition (within 4 weeks)	\$495
Register at posturalrestoration or call 888-691-4583	on.com

\$465

Day One	
7:30-8	Registration & Light Breakfast
8-8:30	The Need to Reduce "Needs" of Extension Powered People by Ron Hruska, MPA, PT
8:30-10	Powered & Peripheral Behavioral Vision by Dr. Heidi Wise, OD, FCOVD
10-10:15	Break
10:15-12	Biopsychosocial Components to Building Mental Muscle - Part I by Dr. Todd Stull, MD, FAPA
12-1	Lunch (on your own)
1-2:30	Optimizing Mindsets: Managing the Mind of Those 'On Demand' by Tracy Heller, Ph.D., CC-AASP
2:30-2:45	Break
2:45-4	Biopsychosocial Components to Building Mental Muscle - Part II by Dr. Todd Stull, MD, FAPA
4-5	Regulating Athletic Internal Drive by Tim Miles, UNL Head Basketball Coach
Day Two	
7:45-8	Sign-In & Light Breakfast
8-9	Neurologic Drive: Is It Fueled By Occipital Protrusion or Atlas Retrusion? by Ron Hruska, MPA, PT
9-10	Occlusal Influence on Hemi-Cranial and Sagittal Plane Activity by Dr. Margo Schnell, DDS
10-10:15	Break
10:15-12	Practical Application of Neuroscience for High Powered Performers by Bill Hartman, PT, CSCS
12-1	Lunch (on your own)
1-2:30	Integrating Limitations for Required Optimal Human Performance by Dallas Wood, ATC, CSCS & Zachary Nott, CSCS, SCCC, PRT
2:30-3:30	'Safely' Strengthening and Conditioning Those Who Function in 'Un-Safe' Situations by Dallas Wood, ATC, CSCS & Zachary Nott, CSCS, SCCC, PRT
3:30-3:45	Break
3:45-5	Establishing Rhythmic Trusion Using PRI Techniques by Ron Hruska, MPA, PT

# PRI Integration for the Home

Restoring Function Through Respiration and Alternating Reciprocal Movement

### course description

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

## course objectives

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

## registration

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

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

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

Mar 28-29	Boston, MA	Jun 13-14	Seattle, WA
May 2-3	Bismarck, ND	Sep 11-12	St. Louis, MO

# PRI Integration for Yoga

Balancing Asymmetrical Respiration and Posture



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

### course objectives

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

## registration

Early Tuition	\$445
Late Tuition (within 4 weeks)	\$475

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

### course agenda

	2-90-1012
Day One	
7:30-8	Registration & Light Breakfast
8-10	Introduction to PRI and the Patterned Human Body
10-10:15	Break
10:15-12	The Influence of Respiration and Zone of Apposition (ZOA) on PRI Assessment Tests
12-1	Lunch (on your own)
1-3	Yoga Screens and PRI Yoga Assesment Poses (Lab)
3-3:15	Break
3:15-4	PRI Yoga Awareness Sites (PRIYAS)
4-5	Applying the PRI Opposition Muscles to Yoga Poses
Day Two	
7:45-8	Sign-In & Light Breakfast

Day Two	
7:45-8	Sign-In & Light Breakfast
8-8:15	Yoga Pose Introduction
8:15-10	PRI Yoga Poses that Facilitate Balanced Sagittal Plane Alignment, Awareness, and Movement (Lab)
10-10:15	Break
10:15-11:15	PRI Yoga Poses that Facilitate Balanced Frontal Plane Alignment, Awareness, and Movement (Lab)
11:15-12	PRI Yoga Poses that Facilitate Balanced Transverse Plane Alignment, Awareness, and Movement (Lab)
12-1	Lunch (on your own)
1-2	PRI Yoga Breathing Practices (Lab)
2-3	Specific PRI Yoga Recommendations for Pose Selection, Cues, and Modifications
3-3:15	Break
3:15-4:30	PRI Yoga Class Sequencing Recommendations
4:30-5	Closing Questions and Feedback Forms

May 30-31 New York, NY Aug 22-23 Seattle, WA

Oct 10-11

Minneapolis, MN

# PRI Integration for Baseball

Restoring Reciprocal Performance in the Patterned Baseball Player

### course description

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

### course objectives

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

## registration

Early Tuition	\$445
Late Tuition (within 4 weeks)	\$475

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

### course agenda

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

4-5	Throwing and Hitting Patterns Seen in Right and Left Handed Players
Day Two	
7:45-8	Sign-In & Light Breakfast
8-10	PRI Baseball Examination Tests • Quadruped Reciprocal TS/ST Stability Test • Seated Functional Trunk Integration Test • Standing Eversion AF Abduction with Trunk Rotation Test
10-10:15	Break
10:15-12	PRI Baseball Examination Tests (Lab)
12-1	Lunch (on your own)
1-2	Scapular/Humeral Patterns and Treatment Considerations
2-3	Humeral/Radial Patterns and Treatment Considerations
3-3:15	Break
3:15-5	PRI Baseball Treatment Considerations

\*Be sure to check out *PRI Vision Integration for* the *Baseball Player* (page 26), being offered the following day.

Jan 2-3 Phoenix, AZ Oct 30-31 St. Petersburg, FL Jul 31-Aug 1 Raleigh, NC Nov 20-21 Phoenix, AZ

### **PRI Integration for Fitness & Movement**

Restoring Tri-Planar Performance Through Respiration and Alternating Reciprocal Activity



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.

### course objectives

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

## registration

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

Day One	
7:30-8	Registration & Light Breakfast
8-10	Introduction to PRI and the Patterned Human Body
10-10:15	Break
10:15-12	The Influence of Respiration and Zone of Apposition (ZOA) on PRI Assessment Tests
12-1	Lunch (on your own)
1-2:30	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	
7:45-8	Sign-In & Light Breakfast
8-8:30	Interdisciplinary Integration-Achieving Excellence Within Scope of Practice
8:30-10	PRI-Based Screening Tools for Fitness and Movement
10-10:15	Break
10:15-11	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 Consider ations Including Training Recommendations for the PEC Patterned Athlete
2:15-3	Pressing and Upper Body Considerations
3-3:15	Break
3:15-4	Restoration and Inhibition for Performance Enhancement
	Program Design, Periodization Cycles

# Postural-Visual Integration

A Neurological Intervention for Embedded Postural Patterns



This course will utilize PRI concepts and theory and ocular functional integration to change vestibular postural autonomics and biomechanics of postural stability. The speakers have dedicated their careers to patients with postural and visual imbalance and have utilized scientific principles in their respective fields to treat, in this unique interdisciplinary manner, visual integrative dysfunction. No prior visual training or visual course prerequisites are required. However, information provided by attending *Myokinematic Restoration* or *Postural Respiration* would be helpful.

PRI Vision welcomes any interested healthcare or fitness professional to attend our courses. Attendees are responsible for following their state statues regulating their professional practice as they integrate interdisciplinary PRI Vision concepts.

### course objectives

- Outline the three levels of integrative visual dysfunction.
- Learn how to reduce the right TMCC pattern on those patients who cannot maintain PRI neutrality through visual integration.
- Understand how the visual autonomic system can directly influence neuromuscular tension and tone.
- Establish appropriate extraocular myokinematic function that compliments Right AIC and Left BC function.
- Design a head on body stability program that utilizes PRI Vision concepts and non-manual techniques.

## registration

or call 888-691-4583

Early Tuition	\$495
Late Tuition (within 4 weeks)	\$525
Register at posturalrestoration.com	

### course agenda

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

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

Feb 28-Mar 1 Bethesda, MD Aug 22-23 San Diego, CA Oct 16-17

Lincoln, NE

### Vision & Body Mechanics - Beyond 20/20

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

### course description

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

The focus of this course will be on how to achieve a more symmetrical, relaxed, whole body musculoskeletal system through integration of the visual system. The relationship of refractive findings, visuomotor skills, and visual processing to muscle tone and skeletal alignment will be outlined. Considerations for prevention of musculoskeletal dysfunction and maximizing human performance will be discussed, including eyeglass and contact lens prescribing recommendations. Significant emphasis will be placed on interactive demonstration, lab experience, and clinical application. Participants will be able to work as part of an integrated team to manage neuromuscular patterns that contribute to symptoms such as headaches, neck tension, and low back pain, as well as appreciate how these are related to visual system function.

PRI Vision welcomes any interested healthcare/fitness professional to attend if they are accompanying an eye care provider.

### course objectives

- Recognizing pain patterns and visual findings that are associated with inappropriate musculoskeletal function in both upright and seated positions.
- Understand how neuromuscular patterns of the neck and head impact visuomotor skills, visual processing skills, and visual-vestibular integration and what can be done by the eye care provider to change them.
- Learn how to integrate treatment of the visual system with physical therapy to enhance orthopedic mechanical function in the areas of speed, accuracy, and efficiency of performance.

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

### registration

Early Tuition \$615

Late Tuition (within 4 weeks) \$645

Register at postural restoration.com or call 888-691-4583



### PRI Vision Integration for the Baseball Player

Applying Visual Concepts in the Treatment of the Patterned Baseball Player

### course description

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

### course objectives

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

## registration

Early Tuition	\$225
Late Tuition (within 4 weeks)	\$255
Register at posturalrestoration.com	

### course agenda

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



Jan 4Phoenix, AZNov 1St. Petersburg, FLAug 2Raleigh, NCNov 22Phoenix, AZ

# Faculty & Speakers



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



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



Michael Cantrell, MPT, PRC
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Allen Gruver, PT, ATC, PRC, CSCS PRI Affiliate Course Speaker



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Jennifer Poulin, PT, PRC
PRI Faculty



Emily Soiney, DPT, CST, RYT, PRC PRI Affiliate Course Speaker



Lori Thomsen, MPT, PRC
PRI Faculty



Heidi Wise, OD, FCOVD

PRI Vision Faculty

PRSRT STD US POSTAGE PAID CORNERSTONE

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