

PNF: Improving Trunk Function Through Distal & Proximal Input
___ \$465 early bird (before May 1, 2012) ___ \$525 regular fee (after May 1, 2012)
___ \$465 3 or more (must register at same time)

Please Print Clearly

Name _____ Discipline: _____
Organization: _____ Phone: _____
Address: _____ City: _____ State: _____
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Please send registration and check to: Cardinal Hill Rehabilitation Hospital
Attn: Center of Learning
2050 Versailles Road
Lexington, KY 40504

Please fax credit card registrations to (859) 367-7188 ___ Visa ___ MasterCard ___ Amer. Express ___ Discover
Card # _____ Exp. Date _____

Name on Card (please print clearly) _____
Signature: _____

Speaker

Dr. Mary Massery, PT, DPT, DSc received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific in 2004 and her DSc from Rocky Mountain University in 2011. Dr. Massery's extensive training in PNF forms the basis of her therapeutic approach to patients with neuromuscular and pulmonary impairments. She has taught PNF at Northwestern University in Chicago in the 1980's and has presented PNF continuing education courses for over 30 years.

Her PNF courses focus on improving functional outcomes by recognizing and utilizing the link between motor behaviors and breathing/postural mechanics. Dr. Massery has been invited to give over 650 professional presentations in 46 US states, 8 Canadian provinces, and 9 countries worldwide on subjects related to these topics.

Dr. Massery received the American Physical Therapy Association's (APTA) highest clinical award: **The Florence Kendall Practice Award** in 2002 for her "outstanding and enduring contributions to the practice of physical therapy". She was the keynote speaker for the **Australian and New Zealand Annual Spinal Cord Injury Conference** in Brisbane, Australia in 2005 and a keynote speaker at the annual meeting of the **Irish Society of Chartered Physiotherapists** in Galway, Ireland in 2007 where she presented novel PNF ideas for cardiopulmonary patients. In 2009, Dr. Massery was awarded and presented the Honorary **Linda Crane Memorial Lecture at the APTA's CSM** meeting in Las Vegas. She continues to maintain a private practice in Chicago specializing in ventilation and postural dysfunction.

PNF: Improving Trunk Function Through Distal and Proximal Input

June 8-10, 2012



Mary Massery
PT, DPT, DSc
Instructor

**Cardinal Hill
Rehabilitation Hospital**
2050 Versailles Road
Lexington, KY

Description

The purpose of this seminar is to apply the philosophy and treatment concepts of the Proprioceptive Neuromuscular Facilitation (PNF) approach to the neuromuscular and musculoskeletal patient in both pediatric and adult populations. The emphasis of the course will be on refining the participant's handling and problem solving skills through lectures, extensive laboratory sessions, application of PNF to clinical problems and an on-site patient demonstration.

Objectives

At the conclusion of the course, participants should be able to:

1. Describe the philosophy and historical development of PNF.
2. Demonstrate refinement in their PNF therapeutic handling skills.
3. Expand their treatment planning ideas for patients with neuromuscular and/or musculoskeletal impairments through the use of on-going problem solving in class.
4. Design a PNF based intervention strategy in small groups for improved trunk function for a specific patient using the concepts presented throughout the course and present the case back to the class.

Audience/CEU Information

Primary Audience: Physical Therapy and Occupational Therapy

Continuing education credit approval is pending. (20.5 hours ea.)
All interested Healthcare Professionals are welcome to attend.
Certificates of Attendance given to all participants

Participants who cancel their registration in writing or email up until the week of the course will receive a full refund less a \$35 processing fee. There will be no refund after the course has been completed.

In the event the program is cancelled, sponsor does not assume responsibility for any expense other than tuition fee.

Agenda

Friday 6/8/12 Day 1

8:00 - 8:30a	Registration
8:30 - 9:30a	Lecture: Introduction PNF philosophy and historical development
9:30 - 10:15a	Lecture/Demonstration: Activities, Techniques, & Elements (ATE)
10:15 - 10:30a	Break
10:30 - 11:15a	Continued: Activities, Techniques, & Elements (ATE's)
11:15 - 12:15p	Lab 1: UE patterns and selected ATE's
12:15 - 1:15p	Lunch
1:15 - 2:45p	Lab 1: Continued
2:45 - 3:00p	Break
3:00 - 5:30p	Lab 2: LE patterns and selected ATE's

Agenda (cont.)

Saturday 6/9/12 Day 2

8:00 - 8:30a	Registration
8:30 - 10:00a	Lab 3: UE and LE Patterns: More techniques and elements
10:00 - 10:15a	Break
10:15 - 12:15p	Lab 4: Trunk facilitation through bilateral limb patterns
12:15 - 1:15p	Lunch
1:15 - 2:30p	Lab 5: Developmental Activities: supine
2:30 - 2:45p	Break
2:45 - 4:30p	Lab 6: Developmental Activities: prone
4:30 - 5:30p	Patient Demonstration

Sunday 6/10/12 Day 3

8:00 - 8:30a	Registration
8:30 - 10:15a	Review, refine and combine handling skills
10:15 - 10:30a	Break
10:30 - 12:15p	Lab 7: Developmental Activities: upright
12:15 - 1:00p	Lunch
1:00 - 2:00p	Problem solving small group session: Designing PNF strategies for real patient cases
2:00 - 3:00	Presentation of cases

Confirmation Information

Upon receipt of your registration, confirmation will be emailed to you to provide more information including area hotels and travel directions. Please contact us at (859) 367-7189 if you have special needs that we can address to make your participation more meaningful.