

# PNF I - Proprioceptive Neuromuscular Facilitation I

*~ The Functional Link For Manual Therapists*

## Why This Course?

To effectively treat as a Functional Manual Therapist®, one must address the interrelationship between the neuromuscular, soft tissue, and articular systems. PNF I offers a dynamic and functional evaluation and treatment approach to this interrelationship based on specific analysis of motor recruitment patterns and Characteristics of Neuromuscular Function. This course progresses from specific shoulder girdle, pelvic girdle, and trunk patterns to weight bearing postures and movements. Content emphasizes the establishment of efficient motor recruitment patterns for rehabilitation of neurological and orthopedic patients and post manipulative techniques. The material in this course is directly related to current neurophysiology of muscle function and motor control.

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**IPA Functional Manual Therapy® courses**  
**are a combination of lecture, lab intensive practice,**  
**and a detailed extensive manual**

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### By the end of the course the participant will be able to:

- discuss the normal growth and development principles on which PNF is founded.
- explain the neurophysiology and biomechanical principles of normal growth and development on which PNF is founded.
- analyze a partner's mechanical capacity, neuromuscular function, and motor control to normalize the partner's postural and movement patterns of rolling, hook lying, sitting, and standing activities.
- formulate a plan of care which integrates appropriate PNF intervention techniques to normalize the partner's postural and movement patterns of rolling, hook lying, sitting, and standing activities.
- assess the outcome of selected PNF intervention techniques to effect a measurable change in posture/movement, using pre/post examination tests.
- differentiate a partner's neuromuscular response between tonic and phasic dominant contractions and isometric versus maintained isotonic contractions.
- design an appropriate PNF intervention to facilitate appropriate neuromuscular responses.
- analyze the partners' scapula and pelvic patterns' mechanical capacity, neuromuscular function, and motor control and
- formulate an appropriate plan of care to normalize identified dysfunctions utilizing PNF intervention techniques and principles.

Through instructor led simulation, observation, and practice labs, the participant will utilize visual and palpation skills to analyze a partner's posture and movement in the context of the FMT operational definition of Functional Efficiency.



# IPA

INSTITUTE of PHYSICAL ART®

### Family First Medical Center

PT Department  
Idaho Falls, ID

**March 29 - 31, 2019**

(Friday through Sunday)

**Early Bird Price:** \$695 (till 3/1)

**Regular Cost:** \$772

CEU's hours: 3 Days, 28 Contact Hours

**Hours:** Fri. 8:00 am - 6:30 pm

Sat. 8:30 am - 6:30 pm

Sun. 8:00 am - 3:00 pm

**Who can attend:** PT, PTA, OT & SPT

**Register:** Online at [www.ipafmt.com](http://www.ipafmt.com)  
or call the IPA office 970-870-9521

### Course Taught by~

*Ann Kaminski*

MPT, CFMT, OCS

