



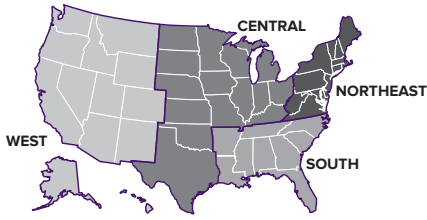
2017

PROGRAMS & COURSES

posturalrestoration.com

 *Postural
Restoration
Institute®*

2017 PROGRAMS & COURSES



WEST

Albuquerque, NM	Sep 9-10
Anchorage, AK	Oct 28-29
Denver, CO	May 20-21
Denver, CO	Sep 16-17
Fort Collins, CO	Feb 25-26
Honolulu, HI	Mar 11-12
Los Angeles, CA	Feb 18-19
Palo Alto, CA	Jun 10-11
Palo Alto, CA	Sep 23-24
Phoenix, AZ	Jan 21-22
Phoenix, AZ	Nov 4-5
Phoenix, AZ	Nov 11-12
Portland, OR	Jul 15-16
Sacramento, CA	Apr 29-30
Salem, OR	Nov 4-5
San Francisco, CA	Feb 11-12
Seattle, WA	Jan 28-29
Seattle, WA	Mar 18-19
Seattle, WA	May 6-7
Seattle, WA	Aug 19-20
Seattle, WA	Oct 14-15
Spokane, WA	Feb 25-26

CENTRAL

Bismarck, ND	Apr 8-9
Chicago, IL	May 20-21
Chicago, IL	Sep 9-10
Chicago, IL	Oct 21-22
Dallas, TX	Jan 28-29
Dallas, TX	Apr 1-2
Dallas, TX	Sep 16-17
Des Moines, IA	Mar 4-5
Detroit, MI	Oct 28-29
Indianapolis, IN	Mar 11-12
Indianapolis, IN	Sep 16-17
Kearney, NE	Jun 2-3
Lincoln, NE	Jan 7-8
Lincoln, NE	Jan 9-10
Lincoln, NE	Mar 24-25
Lincoln, NE	Apr 20-21
Lincoln, NE	May 5-6
Lincoln, NE	Jun 23-24
Lincoln, NE	Oct 20-21

Lincoln, NE
Lincoln, NE
Milwaukee, WI
Minneapolis, MN
Minneapolis, MN
Minneapolis, MN
Minneapolis, MN
Omaha, NE
St. Louis, MO

Dec 7-10
Dec 11-12
Jun 3-4
Mar 11-12
May 20-21
Aug 26-27
Oct 7-8
Aug 19-20
Nov 11-12

NORTHEAST

Boston, MA	Jun 10-11
Boston, MA	Jul 8-9
Boston, MA	Sep 16-17
Brunswick, ME	Sep 23-24
Burlington, VT	Jun 3-4
Frederick, MD	Jan 21-22
Frederick, MD	Nov 18-19
New Haven, CT	Jun 24-25
New York, NY	Feb 25-26
New York, NY	May 6-7
New York, NY	Aug 12-13
New York, NY	Nov 11-12
Philadelphia, PA	Aug 26-27
Philadelphia, PA	Sep 30-Oct 1
Philadelphia, PA	Nov 4-5
Providence, RI	May 20-21
St. Albans, VT	Oct 14-15
Worcester, MA	Mar 4-5

SOUTH

Atlanta, GA	Jan 14-15
Atlanta, GA	Feb 11-12
Atlanta, GA	Sep 9-10
Cary, NC	Oct 7-8
Chapel Hill, NC	Feb 4-5
Chapel Hill, NC	Jul 22-23
Chapel Hill, NC	Sep 9-10
Charlotte, NC	Mar 4-5
Greenville, SC	Nov 4-5
Jackson, MS	Nov 18-19
Louisville, KY	Aug 12-13
Orlando, FL	Sep 23-24
Palm Beach, FL	Feb 18-19
Raleigh, NC	Jun 10-11

INTERNATIONAL

London, UK	Apr 8-9
Montreal, QC	Apr 1-2
New South Wales, AU	Jun 3-4
Vancouver, BC	Sep 30-Oct 1
West Yorkshire, UK	Apr 1-2

■ Primary Courses
■ Secondary Courses

■ Annual Symposium
■ PRI Affiliate Courses

■ PRI Vision Courses
■ Credentialing Programs

INTRODUCTION

Message from Ron

All of the PRI directors, staff, faculty and speakers sense an increase in the cognitive need and urge of course attendees to understand how patterned asymmetrical movement can influence functional outcomes. This momentum has been fueled by the passion of our faculty and speakers, and the growth of evidence-based course materials that continue to be requested nationally and internationally. The completion of our new Postural Restoration Institute building, coupled with the excitement that the science of Postural Restoration creates for the future endeavors of multi-disciplinary minded clinicians and practitioners, also enhances this forward motion. The recent Voices In America public service announcement should help perpetuate the interest and application of this enriched science, in more homes and organizations. I personally wish to become more involved in getting to meet you and interact with you, and therefore, look forward to the 'Lunch and Learn with Ron' opportunities and the PRIVY Online Subscription Platform that will be implemented next year. I will continue to work more closely with the faculty and mentor more new faculty through the use of our new video conferencing setting. I am so excited about our PRI Apparel line that will be available next year as well. Whether you swing on our swings at our Institute or swing into motion with all that is going on around us, I am so grateful for your participation.

Directors



Ron Hruska, MPA, PT
Executive Director



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

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.

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.

Application Deadline

September 15, 2017

Testing

December 11-12, 2017



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), 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.

Application Deadline

March 15, 2017

(summer testing)

October 15, 2017

(winter testing)

Testing

June 23-24, 2017

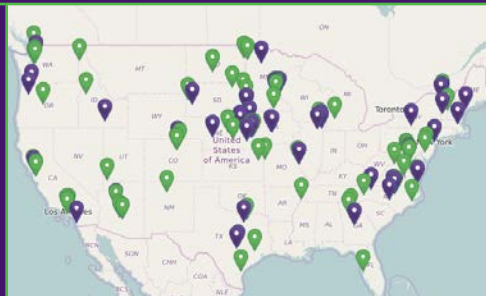
(summer testing)

January 8-9, 2018

(winter testing)

Benefits of Credentialing

- Tuition Discounts
- Quarterly Updates
- Professional Networking
- Mentorship & Speaking Opportunities
- Website Recognition
- Find a Provider Map



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

New for 2017

Lunch and Learn with Ron

Join us for the following primary and secondary courses at the new Postural Restoration Institute headquarters in Lincoln, Nebraska, and enjoy a “Lunch and Learn with Ron”. Lunch will be provided for course attendees, and Ron will be available to answer questions for the group, during the lunch hour on day one of the course.

- *Impingement & Instability* January 7-8, 2017
- *Cervical Revolution* March 24-25, 2017
- *Pelvis Restoration* October 20-21, 2017

privy
PRI Video for You

Online Subscription Platform

We are excited to be launching a new online subscription platform in early 2017! This platform will feature presentations and videos of Ron or 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. This monthly subscription platform will include new material added weekly. Stay tuned to our website for more information!

PRI Apparel

You may have spotted some PRI faculty and staff sporting some PRI Apparel over the past couple years, and now you have the opportunity to purchase PRI Apparel! Check out the new PRI polo shirts, in addition to tees for purchase, with additional apparel being added in the near future. Apparel can be purchased at the Postural Restoration Institute in Lincoln, NE or by visiting posturalrestoration.com!

PRI Faculty



Sayuri Abe-Hiraishi
MS, ATC, LAT, CSCS, PES,
CES, PRT



James Anderson
MPT, PRC



Michael Cantrell
MPT, PRC



Robert "Skip" George
DC, CSCS, CCSP, PRC



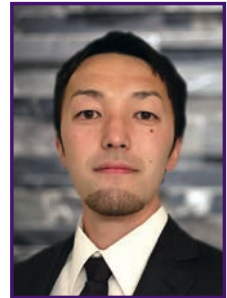
Jesse Ham
PT, CMP, PRC



Dan Hougum
MSPT, ATC/L, PRC



Ron Hruska
MPA, PT



Kentaro Ishii
MS, ATC, LAT, CSCS,
PES, CES, PRT



Louise Kelley
DPT, PRC



Jennifer Poulin
PT, PRC



Lori Thomsen
MPT, PRC



Heidi Wise
OD, FCOVD

Please visit posturalrestoration.com for faculty, speaker and staff biographies.

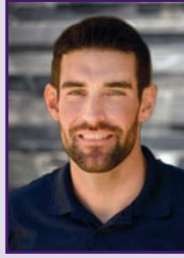
PRI Affiliate Course Speakers



James Anderson
MPT, PRC
*Director of Affiliate
Courses*
*PRI Integration
for the Home*



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



Ben Hagar
PT, CSCS, PRC
*PRI Integration for
Baseball*



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



Sarah Petrich
MPT, DPT, PRC
*PRI Integration for
Pilates*

PRI Staff



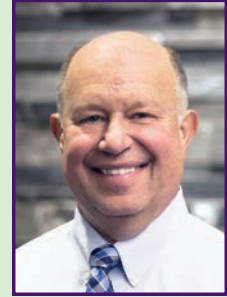
Janie Ebmeier
PTA
*Director of Business
Development*



Matt Hornung
ATC
*Clinical & Media
Specialist*



RJ Hruska
*Education Support
Consultant*



Ron Hruska
MPA, PT
Executive Director



Hannah Janssen
Education Coordinator



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



Bobbie Rappi
PTA, PRC
*Director of Clinical
Development &
Public Relations*

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 Objectives

- 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 & Fees

Live Course (<i>early</i>)	\$495
Live Course (<i>late-within 4 weeks</i>)	\$525
Online Home Study Course	\$445
Register Online! posturalrestoration.com	

Course Schedule

Jan 14-15	Atlanta, GA
Feb 18-19	Los Angeles, CA
Feb 25-26	New York, NY
Mar 11-12	Indianapolis, IN
Apr 1-2	Dallas, TX
Apr 8-9	Bismarck, ND
May 20-21	Denver, CO
Jun 3-4	Milwaukee, WI
Jun 10-11	Boston, MA
Jul 15-16	Portland, OR
Aug 19-20	Seattle, WA
Sep 9-10	Chicago, IL
Sep 23-24	Orlando, FL
Sep 30-Oct 1	Philadelphia, PA
Oct 28-29	Detroit, MI
Oct 28-29	Anchorage, AK
Nov 11-12	St. Louis, MO

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
2-3	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



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 pelvic 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 Objectives

- 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.
- Identify the recommended treatment algorithm for each PRI pattern pertaining to the pelvis.
- 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.

Registration & Fees

Live Course (<i>early</i>)	\$495
Live Course (<i>late-within 4 weeks</i>)	\$525
Online Home Study Course	\$445
Register Online! posturalrestoration.com	



Course Schedule

Jan 21-22	Phoenix, AZ
Feb 11-12	San Francisco, CA
Feb 18-19	Palm Beach, FL
Mar 4-5	Des Moines, IA
May 6-7	Seattle, WA
May 20-21	Providence, RI
Jul 8-9	Boston, MA
Aug 26-27	Minneapolis, MN
Sep 9-10	Atlanta, GA
Oct 20-21	Lincoln, NE*
Nov 4-5	Philadelphia, PA
Nov 11-12	New York, NY

*Lunch & Learn with Ron
(see page 5 for more information)

Course Agenda

DAY ONE

7:30-8	Registration and 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) <ul style="list-style-type: none"> • 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

7:45-8	Sign-In and Light Breakfast
8-9	Respiratory Influences on the Pelvis (Lab)
9-10	Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern
10-10:15	Break
10:15-12	Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern (Case Study)
12-1	Lunch (on your own)
1-3	Treatment of Pelvis Dysfunction as it Relates to the PEC Pattern (Case Study)
3-3:15	Break
3:15-5	Treatment of Pelvis Dysfunction as it Relates to the Pathologic PEC Pattern



POSTURAL RESPIRATION

An Integrated Approach to Treatment of Patterned Thoraco-Abdominal Pathomechanics

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 positionally restricted diaphragm. The focus of this course will be to assess and restore poly-articular muscular chain function of the thorax. 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 such as shortness of breath, thoracic outlet syndrome, and shoulder dysfunction.

Course Objectives

- 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 thoracic scapular force couples, rib alignment, and abdominal-diaphragm muscle integration for appropriate motor and sensory perceptual skill development of the upper extremities.

Registration & Fees

Live Course (<i>early</i>)	\$495
Live Course (<i>late-within 4 weeks</i>)	\$525
Online Home Study Course	\$445
Register Online! Posturalrestoration.com	

Course Schedule

Jan 21-22	Frederick, MD
Feb 11-12	Atlanta, GA
Feb 25-26	Spokane, WA
Mar 4-5	Charlotte, NC
Mar 11-12	Honolulu, HI
Apr 29-30	Sacramento, CA
May 6-7	New York, NY
May 20-21	Minneapolis, MN
Jun 2-3	Kearney, NE
Jun 24-25	New Haven, CT
Aug 12-13	Louisville, KY
Sep 9-10	Albuquerque, NM
Sep 23-24	Brunswick, ME
Sep 30-Oct 1	Vancouver, BC
Oct 14-15	Seattle, WA
Nov 4-5	Salem, OR
Nov 18-19	Jackson, MS

Course Agenda

DAY ONE

7:30-8	Registration and 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 and 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
4-5	Right Lower Trapezius/Right Tricep Non-Manual Techniques



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

Course Schedule

Jan 7-8	Lincoln, NE*
Jan 28-29	Dallas, TX
Feb 25-26	Fort Collins, CO
Apr 1-2	West Yorkshire, UK
Jun 3-4	Burlington, VT
Jun 3-4	New South Wales, AU
Jun 10-11	Raleigh, NC
Aug 12-13	New York, NY
Sep 16-17	Indianapolis, IN
Sep 23-24	Palo Alto, CA
Nov 4-5	Greenville, SC

*Lunch & Learn with Ron
(see page 5 for more information)

Course Agenda

DAY ONE

7:30-8	Registration and Light Breakfast
8-9	PRI Concepts of Impingement and Instability <ul style="list-style-type: none"> • Associated Compensatory Patterns • Contributing Factors
9-10	Sagittal vs. Salamander (Frontal Plane)
10-10:15	Break
10:15-11	Interferences and Influences on Gait - An Intuitive Perspective by Ron Hruska <ul style="list-style-type: none"> • 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 and Light Breakfast
8-8:30	Overview of Tri-Planar Stability: T8 to Sacral Base
8:30-9	Femoral Instability
9-10	Pelvis Instability and Ischial Tendonitis
10-10:15	Break
10:15-12	Hip and Groin Impingement
12-1	Lunch (on your own)
1-2	Right BC PRI Treatment Guidelines
2-3	Scapular Thoracic Instability <ul style="list-style-type: none"> • Mechanics • Hruska Classification of Scapular Resting Position
3-3:15	Break
3:15-5	Scapular Thoracic Stabilization Related to Impingement and Instability

Registration & Fees

Early Tuition	\$495
Late Tuition (<i>within 4 weeks</i>)	\$525
Register Online!	
posturalrestoration.com	

cervical REVOLUTION

An Integrated Approach to Treatment of
Patterned Cervical Pathomechanics

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. Correlations of airway obstruction, hyoid and vocal cord dysfunction, cervical and cranial symptomology, and temporal-mandibular dysfunction of the left sidebending or right torsion physiologic pattern will be discussed. 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 required.
- Please visit posturalrestoration.com for more information, including course objectives.

Course Schedule

Jan 28-29	Seattle, WA
Mar 4-5	Worcester, MA
Mar 24-25	Lincoln, NE*
Apr 1-2	Montreal, QC
May 20-21	Chicago, IL
Aug 26-27	Philadelphia, PA
Sep 16-17	Dallas, TX
Oct 7-8	Cary, NC

*Lunch & Learn with Ron
(see page 5 for more information)

Course Agenda

DAY ONE	
7:30-8	Registration and Light Breakfast
8-9	Introductory Remarks on the Cervical Cranial Complex
9-9:30	Neurovascular Implications of Cervical Restriction
9:30-10	Overview of Cervical Revolution Concepts; Normal Spinal Coupling Considerations
10-10:15	Break
10:15-12	Intracervical Function and Examination (Lab)
12-1	Lunch (on your own)
1-2	Occipital Atlanto (Cranio-Cervical) Joint Function and Examination
2-3	Sphenoid <ul style="list-style-type: none">• Function and Occipital Relationship• Non-Manual Repositioning Techniques
3-3:15	Break
3:15-4:30	Right TMCC Patterned Strain <ul style="list-style-type: none">• Left Sidebending (Left SB) Position
4:30-5	Left SB Non-Manual Technique <ul style="list-style-type: none">• Standing Cervical-Cranial Repositioning
DAY TWO	
7:45-8	Sign-In and Light Breakfast
8-9	Review of Left SB Physiologic Position; Overview of Left SB PRI Repatterning Techniques
9-10	Right TMCC Patterned Strain <ul style="list-style-type: none">• Right Torsion Position
10-10:15	Break
10:15-11	Temporal <ul style="list-style-type: none">• Function and Occipital Relationship
11-12	Right TMCC Pattern Overview
12-1	Lunch (on your own)
1-2:45	Right Torsion Non-Manual Technique <ul style="list-style-type: none">• Standing Alternating Reciprocal Cranial Expansion
2:45-3	Break
3-4	Occlusal Relationships to Cranial Position and Right TMCC Pattern; Overview of Malocclusion, Tongue Function and Group Function
4-5	PRI Recommended Proprioceptive Occlusal Orthotics

Registration & Fees

Early Tuition	\$545
Late Tuition (<i>within 4 weeks</i>)	\$575
Register Online!	
posturalrestoration.com	

ADVANCED INTEGRATION

A Comprehensive Overview of PRI Science Integrated in an Advanced Manner

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 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 Schedule

December 7-10 Lincoln, NE

Registration & Fees

Early Tuition	\$895
Late Tuition (<i>within 4 weeks</i>)	\$925
Register Online! posturalrestoration.com	

Course Agenda

DAY ONE: SYNCHRONOUS BREATHING - SAGITTAL REPOSITIONING OF ZOA

7:30-8	Registration and Light Breakfast
8-10	Introduction: Overview of Respiratory Position, Septal Symmetry, Axial Concepts, and ZOA Function
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
3:15-5	Overview and Integration of Temporal Mandibular Cervical Chain (TMCC)

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

DAY THREE: THORACIC FLEXION AND ROTATIONAL INTEGRATION

7:45-8	Sign-In and Light Breakfast
8-10	Thoracic Scapular (TS) Gait; Rib and Superior T4 Kinematics
10-10:15	Break
10:15-12	Brachial Chain (BC) and Thoracic Scapular Non-Manual Techniques
12-1	Lunch (on your own)
1-3	Brachial Chain (BC) and Thoracic Scapular Non-Manual Techniques (cont.)
3-3:15	Break
3:15-5	Gravity vs. Non-Gravity Integration (Dryland vs. Aquatic Considerations)

DAY FOUR: CURVATURE OF THE SPINE

7:45-8	Sign-In and 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
12-1	Lunch (on your own)
1-3	Idiopathic Acquired Scoliosis (cont.); Juvenile Kyphosis
3-3:15	Break
3:15-5	Alternating Reciprocal Activity

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 the 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.

Speakers



Ron Hruska, MPA, PT



Michael Cantrell, MPT, PRC



Lori Thomsen, MPT, PRC

INTERNATIONAL

United Kingdom, Canada & Australia



Course Information

We are excited to return to the UK, Canada and Australia for additional PRI courses in 2017! PRI courses offered in the UK, Canada and Australia will be taught in English. Upon successful completion of the course, each course participant will receive a certificate of completion for 15 contact hours. All courses in the UK, Canada and Australia will be eligible for CEUs through the Board of Certification, Inc. (BOC). Courses in Canada will also be eligible for CEUs through the Canadian Athletic Therapist's Association (CATA).

Please visit posturalrestoration.com for more information about these courses and to register online.

Course Schedule

Apr 1-2	Montreal, QC	Cervical Revolution
Apr 1-2	West Yorkshire, UK	Impingement & Instability
Apr 8-9	London, UK	PRI Integration for Fitness & Movement
Jun 3-4	New South Wales, AU	Impingement & Instability
Sept 30–Oct 1	Vancouver, BC	Postural Respiration

COURSES

Japan



Course Information

We are excited to continue offering PRI courses in Japan in 2017! In addition to continuing to offer *Myokinematic Restoration*, we will also be offering the *Postural Respiration* course as well. PRI courses offered in Japan are taught in Japanese and are accompanied with a course manual that has also been translated so that it includes both English and Japanese text for the course attendee. Courses taught in Japan are eligible for CEUs through the National Strength and Conditioning Association (NSCA – Japan), and the Board of Certification, Inc. (BOC).

Please visit posturalrestoration.com/japan for more information about these courses and to register online.

PRI講習会について

2017年も引き続き日本でPRI講習会を開催します!これまで開催して参りましたマイオキネマティックリストラクション講習会に加えて、新たにポスチュラルレスピレーション講習会も開催していきます。日本で行われるPRI講習会は日本人の講師により日本語で受講することが出来、付属のテキストも日本語訳されたものと英語の原本を両方用意しており、安心して受講することが出来ます。

また日本でのPRI講習会はNational Athletic Trainers' Association Board of Certification (NA-TA-BOC)及びNational Strength and Conditioning Association (NSCA ジャパン)の公認CEUプロバイダーとして認定されており、講習会受講者にはCEUが付与されます。詳細及び講習会の申し込みについてはPRIジャパンのウェブサイトをご覧ください!

posturalrestoration.com/japan

Course Schedule

Courses in Japan will be offered on various dates in the summer and winter months. Please visit posturalrestoration.com/japan for the course schedule, which will be updated throughout the year.

講習会スケジュール

日本で行われるPRI講習会は基本的に夏季・冬季に、いくつかの講習会がまとめて開催されています。詳しいスケジュールは通年を通してアップデートされているウェブサイト (posturalrestoration.com/japan) をご覧ください。

Interdisciplinary Integration

Postural Destabilization: An Interdisciplinary Approach to Remodel Dynamic Perception and Behavior

Description

Our 9th Annual Interdisciplinary Integration Symposium will focus on our need to re-process, re-learn, re-think and re-perceive the meaning of 'stability'. Depending on how you feel about the word 'stabilization', it can be a positive situation when it is associated with success, or it can have a negative impact and influence on behavior, and situations where change and creativity is limited.

Eight speakers have been invited to share their thoughts about the word 'destabilization'. Our two keynote speakers, Dr. Benoit Bardy from Montpellier, France, and Dr. Thomas Stoffregen from the University of Minnesota, have dedicated their careers to coordination, postural intolerance and movement influenced by perception. Dr. Bardy will talk about how endogenous and exogenous information is used to modulate the (de-)stabilization processes for postural dynamics. Dr. Thomas Stoffregen's research interests

including perception and control of body orientation and its integration with simultaneous suprapostural action, postural stability and motion sickness as related to 'patterns of bodily movement', embody the objectives of the symposium. The other six speakers, representing five behavior and movement disciplines, will address how our 'stability' requires afferentation, modulation, and depatterning behavior to remain unstable, creative, and tolerant of pain and emotional instability.

Overall, this is an opportunity to re-assess how under-dependence on biologic and behavioral control can improve our freedom and ability to learn new un-realized patterns without the comfort of relying on familiar strategies. Each speaker will attempt to offer suggestions and recommendations for integrating behavior and postural strategies that will balance our stability constraints with our instability freedom.

Objectives

- Identify how individual motor signatures (IMS) influence posture and movement.
- Learn how to use self-produced and environmental information to modulate postural synergies.
- Recognize how 'sensory conflict' can affect motion sickness, and how 'getting sea legs' can help stabilize the body on a moving surface.
- Be able to restore frontal plane afferentation through referenced coupling and PRI-based destabilization.
- Establish destabilization and depatterning strategies for treatment of neck tension and pain cycles.
- Learn how to deprogram maladaptive movement and locked behavior patterns from an energy medicine perspective.

Registration & Fees

Early Tuition	\$495
Late Tuition (<i>within 4 weeks</i>)	\$525

Register Online!
posturalrestoration.com

**Please register early. Registration is limited to 120 seats.*

Schedule

April 20-21

Lincoln, NE

Agenda

DAY ONE

- 7:30-8 Registration and Light Breakfast
- 8-8:30 Opening Remarks by Ron Hruska, MPA, PT
- 8:30-10 Information-Induced Destabilization of Posture and Movement
by Benoit Bardy, Ph.D.
- 10-10:15 Break
- 10:15-11:15 Motion Sickness and Human Movement
by Thomas Stoffregen, Ph.D.
- 11:15-12:15 Reducing Patterned Dysafferentation and Abnormal Afferent Activity Through Reference Coupling
by Ron Hruska, MPA, PT
- 12:15-1:15 Lunch
- 1:15-2:45 Pain: How it Affects Mindset, Stability and Movement
by Sue Falsone, PT, ATC, CSCS
- 2:45-3 Break
- 3-4:15 Uncertain and Unstable: Unlocking Creative Potential
by Wren McLaughlin, PT, DPT, WCS, MS, PRC
- 4:15-5:30 Word Play: Engineering Human Performance Through the Use of Post Hypnotic Suggestion
by Clovis Colley, C.Ht.

DAY TWO

- 7:45-8 Sign-In and Light Breakfast
- 8-9:30 Interpersonal Synchronization of Posture and Movement
by Benoit Bardy, Ph.D.
- 9:30-10:30 Getting Your Sea Legs
by Thomas Stoffregen, Ph.D.
- 10:30-10:45 Break
- 10:45-12:15 Deprogramming vs. Destabilization: A Dentist's Perspective on Effective Splint Design
by Elizabeth Caughey, DDS
- 12:15-1:15 Lunch
- 1:15-2:45 Depatterning Through Visual Perspectives
by Heidi Wise, OD, FCOVD
- 2:45-3 Break
- 3-4:15 Restoring Frontal Plane Afferentation Through PRI-Based Destabilization Activity and Aberrant Non-Patterning Movement
by Ron Hruska, MPA, PT
- 4:15-5 Panel Discussion With All Symposium Speakers
- 5-7 Social Gathering

Speakers



Ron Hruska, MPA, PT



Benoit Bardy, Ph.D.



Thomas Stoffregen,
Ph.D.



Sue Falsone,
PT, ATC, CSCS



Wren McLaughlin,
PT, DPT, WCS, MS, PRC



Clovis Colley, C.Ht.



Elizabeth Caughey,
DDS



Heidi Wise,
OD, FCOVD

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, shoulder, pelvis, hip and ankle. Participants will be able to immediately apply PRI techniques to improve ADL function as well as bed mobility, transfers, balance, and gait by restoring alternating reciprocal movement and respiration with 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 in the home.
- 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 of the pelvis, thorax, and extremities.

Course Schedule

May 5-6	Lincoln, NE
Sep 9-10	Chapel Hill, NC
Oct 14-15	St. Albans, VT

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)
1-2	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 and 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
3:15-4	Gait in the Home: ADL and Pre-Gait Training
4-5	Improving Floor Mobility Treatment Recommendations (Lab)

Registration & Fees

Early Tuition	\$495
Late Tuition (<i>within 4 weeks</i>)	\$525
Register Online! posturalrestoration.com	

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 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 scapular and scapular 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.

Course Schedule

Nov 11-12

Phoenix, AZ

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 <ul style="list-style-type: none"> • 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

Registration & Fees

Early Tuition	\$495
Late Tuition (<i>within 4 weeks</i>)	\$525
Register Online! posturalrestoration.com	

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, 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

- 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.

Course Schedule

Mar 18-19	Seattle, WA
Apr 8-9	London, UK
Jun 10-11	Palo Alto, CA
Jul 22-23	Chapel Hill, NC
Aug 19-20	Omaha, NE
Sep 16-17	Denver, CO
Oct 7-8	Minneapolis, MN
Nov 18-19	Frederick, MD

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

Registration & Fees

Early Tuition	\$495
Late Tuition (<i>within 4 weeks</i>)	\$525
Register Online! posturalrestoration.com	

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 affect desired change in asymmetrical functional movement.

Course Schedule

Oct 21-22 Chicago, IL

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)
1-2	Pilates Introduction; Compare and Contrast with PRI Principles
2-3	Supine Reformer Gait Integration Test
3-3:15	Break
3:15-4	Supine Reformer Gait Integration Test (Lab)
4-5	Breathing and Repositioning (Lab)

DAY TWO	
7:45-8	Sign-in and Light Breakfast
8-9	Reference Centers, Inhibition and Tri-Planar Movement
9-10	Sidelying Reformer Adduction/Abduction Lift Test
10-10:15	Break
10:15-10:45	Sidelying Reformer Adduction/Abduction Lift Test (Lab)
10:45-11:30	Quadruped Reformer Gait Integration Test
11:30-12	Quadruped Reformer Gait Integration Test (Lab)
12-1	Lunch (on your own)
1-3	Reformer Exercise Selection and Class Flow (Lab)
3-3:15	Break
3:15-4	Chair Exercise Selection and Class Flow (Demonstration)
4-5	Mat Exercise Selection and Class Flow (Lab)

Registration & Fees

Early Tuition	\$495
Late Tuition (<i>within 4 weeks</i>)	\$525
Register Online! posturalrestoration.com	

POSTURAL-VISUAL INTEGRATION

A Neurological Intervention for Embedded Postural Patterns

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

- Be able to outline the three levels of integrative visual dysfunction.
- Learn how to reduce torque and tension on the patient with patterned postural embedded strategies through visual integration.
- Understand how the visual autonomic system can directly influence neuromuscular tension and tone.
- Develop an appreciation and understanding for all three phases of visual integration.
- Design a head on body and body on body functional orthostatic program that utilizes PRI Vision concepts.

Registration & Fees

Early Tuition	\$525
Late Tuition (<i>within 4 weeks</i>)	\$555
Register Online! posturalrestoration.com	

Course Schedule

Feb 4-5	Chapel Hill, NC
Mar 11-12	Minneapolis, MN
Sep 16-17	Boston, MA
Nov 4-5	Phoenix, AZ

Course Agenda

DAY ONE

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

DAY TWO

7:45-8	Sign-In and Light Breakfast
8-10	Level I Postural-Visual Dysfunction <ul style="list-style-type: none"> • Visual Behavior Issues During the Cycle of Gait • Common Visual Findings • Treatment Consideration
10-10:15	Break
10:15-11	Identification and Treatment Considerations of Level II & Level III Postural-Visual Dysfunction
11-12	Introduction to Phases of Treatment for PRI Vision Sensory Integration Program
12-1	Lunch (on your own)
1-2	Phase I PRI Vision Treatment Techniques (Lab)
2-3	Phase II PRI Vision Treatment Techniques (Lab)
3-3:15	Break
3:15-4	Phase III PRI Vision Treatment Techniques (Lab); Thoracic Rotation Supplemental Activities for Thoracic Sensory Awareness
4-5	Case Examples and Questions

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. 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 National Strength and Conditioning Association (NSCA). Please refer to our

website for course approval details. NSCA approval does not allow participants to apply information outside of NSCA certificants' scope of practice.

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 number 451877-12. Approval applies to live courses only.

Other Healthcare and Fitness Professionals

PRI welcomes any interested healthcare or fitness professional to attend courses.



APPROVED PROVIDER of
CONTINUING EDUCATION
by The American Occupational
Therapy Association, Inc.



CSCCa
Collegiate Strength & Conditioning Coaches assoc.

MAXIMIZING ATHLETIC PERFORMANCE

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