

PROGRAM: 5 days part A

PNF-Basic Course:

Concept of M. Knott and I-PNF-A.
50hours of 60 min.

Course place: Tirana, Albania

Dates: Soon...

Course time: Starting at 08.00 am (bring sport clothes) till 18.00 pm every day

Course tutor: Sakis Adamidis, PT, PhD, IPNFA Advance Instructor

Literature: Course members need the book "PNF in Practice": Adler/Beckers/Buck. This book or the translation in the local language is the standard for the basic and advance PNF course. This will be very helpful and will save time. (ISBN 3-540-66395-9: Springer Heidelberg).

At the first course day course members will get a course hand-out of the projections.

Price of course: Suprize for Albanians!!

Day 1

08.00 - 09.30 Introduction: Course schedule and teaching methods, Evidence based physiotherapy and PNF

09.30 - 10.30 Introduction: into the PNF Concept: History, Overview I-PNF-A, Philosophy, Neurophysiologic Bases

Basic principles:

Exteroceptive principles:

Manual contact, visual contact, auditive stimulus

10.30 - 10.45 Coffee break

10.45 - 12.30 Basic principles:

Proprioceptive stimulus:

Resistance, traction - approximation, stretch stimulus.

Overview of Techniques groups

Agonistic, antagonistic, relaxation

12.20 - 13.30 Lunch break

13.30 - 15.30 Introduction to Patterns

Trunk work in sitting: Trunk pattern

Technique: Combination of Isotonics

15.30 - 15.45 Coffee break

15.45 - 18.00 Scapular and pelvic pattern (Sc: Post. Elevation,

Ant depression P: Post elevation, Ant depression)

Technique: Rhythmic Initiation

Day 2

08.00 - 10.00 Scapula and pelvis patterns cont.....

10.00 - 10.15 Coffee break

10.15. - 11.15 Scapula and pelvic pattern symmetric and asymmetric combinations for trunk

11.15 - 12.30 Introduction into extremity pattern.

UE : FLEX-ABD-ER / EXT-ADD-IR

ELBOW STRAIGHT

12.30.- 13.30 Lunch break

13.30. -15.30 LE: FLEX-ADD-ER-KNEE FLEX
EXT-ABD-IR- KNEE EXT
UE: FLEX-ADD-ER / EXT-ABD-IR
ELBOW STRAIGHT

15.30 - 15.45 Coffee break

15.45. -18.00 Mat activities
Rolling, prone on elbows, Quatraped position

Day 3

08.00 - 09.00 Lecture: Assessment and treatment planning

09.00 - 10.00 Variations LE: FLEX-ADD-ER
EXT-ABD-IR
X-ABD-IR
EXT-ADD-ER
KNEE STRAIGHT

10.00 - 10.15 Coffee break

10.15 - 11.15 Patient demonstration and discussion

11.15 - 12.30 LE: FLEX-ABD-IR - KNEE FLEX
EXT-ADD-ER-KNEE EXT

12.30.- 13.30 Lunch break

13.30 - 14.45 cont. LE: FLEX-ABD-IR-KNEE FLEX
EXT-ADD-ER-KNEE EXT

14.45 - 15.30 Introduction into mat activities: Rolling with scapular and pelvic patterns
Prone activities

15.30. -15.45 Coffee break

15.45. -17.00 Cont.: Mat activities

17.00 - 18.00 Blind date (Facilitation game)

Day 4

08.00 - 10.00 Introduction into gait analysis, Gait class in PNF concept

10.00 - 10.15 Coffee break

10.15 - 12.30 Cont.: Gait class

12.30.- 13.30 Lunch break

13.30 - 15.30 Variations UE: FLEX-ABD-ER-ELB FLEX EXT-ADD-IR-ELB EXT
FLEX-ADD-ER-ELB FLEX
EXT-ABD-IR-ELB EXT

15.30 - 15.45 Coffee break

15.45 - 18.00 Repeation with Legs patterns/
Arm patterns Technique: Dynamic Reversal

Day 5

08.00 - 10.00 Relaxation techniques: Hold & Contract Relax

10.00 - 11.00 Patient demonstration and discussion

11.00 - 11.15 Coffee break

11.15 - 13.30 Neck pattern

13.30 - 14.30. Questions, evaluation of the first week