

PROGRAM: 5 days part B

PNF-Basic Course:

Concept of M. Knott and I-PNF-A.

5 hours 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 - 10.00 Welcome Feedback, Experiences, Questions

Repetition: Mat Activities

Basic Principles Techniques

10.00 -11.15 Trunk patterns: Chopping - Lifting

11.15 - 11.30 Coffee break

11.30 - 13.00 Variations UE FLEX-ADD-ER-ELB EXT EXT-ABD-IR-ELB FLEX

FLEX-ABD-ER-ELB EXT

EXT-ADD-IR-ELB FLEX

Technique: Repeated stretch (Stretch reflex)with repetition UE & LE

13.00 - 14.00 Lunch break

14.00 - 15.30 Mat activities: Supine activities Bridging, hooklying.

Supine --> long sitting, scooting, push up

15.30 - 15.45 Coffee break

15.45 - 18.00 cont. mats

Day 2

08.00 - 09.45 Lecture: Assessment and treatment planning

09.45 - 10.00 Coffee break

10.00 - 11.00 Supervised patient treatment by participants

11.00 - 11.30 Patient demonstration

11.30 - 12.30 LE variations: FLEX- ABD-IR-KNEE EXT EXT-ADD-ER-KNEE FLEX

12.30 - 13.30 Lunch break

14.00 - 15.30 Technique: Replication

Gait: repetition, one standing. backwards, sideways, braiding

15.30 - 15.45 Coffee break

15.45 - 17.00 Trunk Patterns: Lower trunk, trunk in sitting

17.00 - 18.0 Blind date (facilitation game)

Day 3

08.00 - 09.45 Lecture: PNF & motor learning
09.45 - 10.00 Coffee break
10.00 - 11.00 Supervised patient treatment by participants
11.00 - 11.30 Patient demonstration
11.30 - 12.30 Technique: Dynamic reversal with repetition UE & LE
12.30 - 13.30 Lunch break
13.30 - 14.15 LE variations: FLEX- ADD-ER-KNEE EXT EXT-ABD-IR-KNEE FLEX
14.15 - 15.30 Bilateral leg pattern for trunk
Leg in sitting, in Side lying, in prone
15.30 - 15.45 Coffee break
15.45 - 16.30 Gait: Stairs (Up & down) facilitation with PNF
16.30 - 18.00 PNF & breathing

Day 4

08.00 - 09.45 Techniques: Rhythmic Stabilisation vs Stabilizing reversal
09.45 - 10.00 Coffee break
10.00 - 11.00 Supervised patient treatment by participants
11.00 - 11.30 Patient demonstration
11.30 - 12.30 Repetition Extremity pattern and Techniques
Different Positions
13.00 - 14.00 Lunch break
14.00 - 14.45 Timing for emphasis
14.45 - 15.30 Problem Solving (Task for participants video)
15.30 - 15.45 Coffee break
15.45 - 18.00 Facial Rehabilitation, Vital functions

Day 5

08.00 - 09.45 Problem Solving: Treatment of common functional impairments
09.45 - 10.00 Coffee break
10.00 - 11.00 Supervised patient treatment by participants
11.00 - 11.30 Patient demonstration
11.30 - 12.15 Treatment feedback
12.15 - 13.00 Lunch break
13.15 - 16.45 Transfers Home exercises
16.45 - 18.00 Questions, request, shake hands and good-bye
18.00 End of the course