

PNF REFRESHED

Presented by: Mary Massery, PT, DPT, DSc

Friday, December 2- Sunday, December 4, 2022

Course Credits:

20.5 Contact hours

Hosted by:

Easterseals DuPage & Fox Valley

830 S. Addison Ave

Villa Park, IL 60181

Audience:

Physical Therapists & Occupational Therapists



Course Description:

If all you remember about Proprioceptive Neuromuscular Facilitation (PNF) is random “diagonal patterns,” then this course is for you. PNF can be a powerful approach when the techniques are creatively applied to clinical problems. Dr. Massery’s extensive background in PNF, along with 40 years of clinical refinements, makes her uniquely qualified to teach PNF in today’s evidence-based practice environment. The purpose of this course is to apply current PNF research, philosophy and treatment concepts to pediatric and adult patients with neuromuscular, musculoskeletal, and/or cardiopulmonary conditions. The extensive use of hands-on labs; dissection of functional tasks to facilitate goal-directed movements; use of techniques with specific clinical cases; and a live patient demonstration, will “refresh” PNF for today’s practitioner. Participants will leave with sharpened skills and an abundance of new ideas on the immediate application of PNF to their practice.

Instructor Bio:

Dr. Massery 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. Mary’s extensive Proprioceptive Neuromuscular Facilitation (PNF) training at Northwestern University as both a student and faculty member forms the basis of her therapeutic approach to patients with neuromuscular and pulmonary impairments.

Her PNF courses focus on improving functional outcomes by recognizing and utilizing the link between motor behaviors and breathing/postural mechanics. Mary has received national awards from the APTA, including its highest clinical award, The ***Florence Kendall Practice Award***, honoring “one’s outstanding and enduring contributions to the practice of physical therapy.” She has been honored as ***Outstanding Alumnus of the Year*** by each of her 3 universities. She was also awarded ***Northwestern University’s Alumnae Research Achievement Award***.

Continuing Education Credits

Continuing education credits for P.T/O.T will be offered through the Illinois Department of Professional Regulation.

Early Intervention credits have been requested for 20.5 contact hours.

All participants will receive a course completion certificate upon successful completion of the conference. No certificates will be awarded until course completion is verified on the final date of the conference.



American
Occupational Therapy
Association

Approved Provider

Easterseals DuPage and Fox Valley is an AOTA Approved Provider of professional development. Course approval ID# XYZ. This Live learning activity is offered at 2.05 CEUs, Intermediate level, OT Service Delivery.

AOTA does not endorse specific course content, products, or clinical procedures.

Course 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 towards functional, meaningful outcomes for patients with neuromuscular, musculoskeletal and/or cardiopulmonary impairments via multiple clinical cases, and the inclusion of a live patient demonstration when possible.
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.

Three Day Course Schedule

Friday, December 2 (7.5 Contact Hours)

8 am - 5:30 pm

Saturday, December 3 (7.5 Contact Hours)

8 am - 5:30 pm

Sunday, December 4 (5.5 Contact Hours)

7:30 am - 2:30 pm

Course Agenda continues on page 3



Registration Form

Please complete this form and mail with
payment to:

**Easterseals DuPage & Fox Valley Continuing
Education Department
830 South Addison Avenue
Villa Park, IL 60181
FAX: 630.620.1148**

Registration Fee: \$620

**Early Registration Fee: \$600 on or before
11/4/2022**

Name:

(This is how your name will be printed on the course certificate)

Title/Position:

E-mail:

Organization:

_____ **Org.**

address: _____

City:

State: _____ **Zip:** _____

Business Phone:

For credit card payment, please complete: Type
(please circle): Visa, MasterCard, AmEx, Discover
Credit Card #:

Expiration Date: _____ **CVV:**

Billing address:

City:

State: _____ **Zip:** _____

Home/Cell phone:

Space is limited— early registration is encouraged.
Registration deadline: November 25, 2022. Cancellations
must be in writing and will incur a \$50 processing fee. No
refunds granted after November 18, 2022. If Easterseals or
speaker should need to cancel, course fees will be refunded
or transferred to another course at the discretion of the
participant.

Agenda

Friday (7.5 contact hours)

8:00 - 8:30	Registration
8:30 - 9:00	Overview of course topics
9:00 - 10:15	<u>Lecture</u> : Introduction of PNF philosophy and historical development
10:15 - 10:30	Break
10:30 - 12:00	<p>Lecture/Demonstration: Activities, Techniques & Elements: (ATE): The “heart and soul of PNF”</p> <p>Activities: What are the activities the patient wants to accomplish? Washing dishes, getting dressed?</p> <p>Techniques: Which handling PNF TECHNIQUE would best match the activity you hope to improve for your patient?</p> <p>Elements: What sensory ELEMENTS (proprioception, point of tactile contract, auditory input, visual input, etc.) would increase the information that the brain could use to improve the motor planning and motor outcome response?</p>
12:00 - 1:00	Lunch
1:00 - 2:45	<u>Lab 1</u> : D1 UE pattern and selected ATE's
2:45 - 3:00	Break
3:00 - 5:30	<u>Lab 2</u> : D2 UE pattern and selected ATE's

Saturday (7.5 contact hours)

8:00 - 8:30	Coffee and ...
8:30 - 9:00	Review, synthesis and Q&A
9:00 - 10:15	<u>Lab 3</u> : LE Patterns: More techniques and elements
10:15 - 10:30	Break
10:30 - 12:00	<u>Lab 4</u> : Applying techniques to limbs and trunk. What drives your decision?
12:00 - 1:00	Lunch
1:00 - 2:45	<u>Lab 5</u> : Mobility vs. stability techniques. Which is appropriate for your patient?
2:45 - 3:00	Break
3:00 - 4:30	<u>Lab 6</u> : Bilateral patterns. How does the trunk respond?
4:30 - 5:30	Patient Demonstration (if possible)

Sunday (5.5 contact hours)

7:30 - 8:00	Coffee and ...
8:00 - 8:45	Review, synthesis and Q&A. Patient demonstration debrief
8:45 - 10:15	<u>Lab 5</u> : Developmental Activities using PNF: supine & prone
10:15 - 10:30	Break
10:30 - 12:00	<u>Lab 7</u> : Developmental Activities using PNF: upright
12:00 - 12:45	Lunch
12:45 - 1:15	Problem solving small group session: Designing PNF strategies for real patient cases based on task analysis and client goals
1:15 - 2:00	Presentation of cases
2:00 - 2:30	Course wrap up. Next week's homework!