

**Program for the PNF Basic Course according to the Rules & Accreditation of IPNFA**  
(International PNF Association)

**Organizer: Edukativni centar Sinapsa**

**Course Instructor: Werner Wimmeroth, PT, Advanced IPNFA Instructor, Manualtherapist und Bobaththerapist**

**Course Location: Novi Sad**

(T) = Theoretical      (P) = Practical

**1<sup>st</sup> Day:**

- |            |   |
|------------|---|
| 9 a.m.     | Reception and Personal Presentation, Rules & Regulations of IPNFA (T)   |
| 10 a.m.    | Introductions into the PNF Concept including Neurophysiological Aspects, Principles and Philosophy of the Concept (T) |
| 11.30 a.m. | Break   |
| 11.45 a.m. | Pattern of Scapula with functional Background and <b>first</b> PNF-Technique (P+T)                                    |
| 1.00 p.m.  | Break   |
| 1.30 p.m.  | Pattern of Pelvis with functional background and <b>second</b> PNF-Technique (P+T)                                    |
| 4.00 p.m.  | Break   |
| 4.30 p.m.  | PNF-Activities for Trunk, Combinations of Pelvis and Scapula (P)  |
| 6.30 p.m.  | End of first Day  |

**2<sup>nd</sup> Day:**

- |            |  |
|------------|--|
| 8.30 a.m.  | Continuing Trunk PNF-Activities and <b>third</b> PNF-Technique (P+T)     |
| 10.00 a.m. | Introduction of PNF-Pattern for Upper Limbs (P+T)                        |
| 11.30 a.m. | Break  |
| 11.45 a.m. | Continuing PNF-Pattern Upper Limbs and <b>fourth</b> PNF-Technique (P+T) |
| 1.00 p.m.  | Break  |
| 2.00 p.m.  | Introduction of Pattern for Lower Limbs (P+T)                            |
| 4.00 p.m.  | Break  |
| 4.30 p.m.  | Continuing PNF-Pattern for Lower Limbs with patients` examples (P+T)     |
| 6.30 p.m.  | End of second Day  |

3<sup>rd</sup> Day:

- 8.30 a.m. Analysis of Gait (T) Introduction of gait
- 11.00. a.m. Break
- 11.30 a.m. Daily Life Activity (DLA) regarding Standing Up and Gait Activities (P+T)
- 1.00 p.m. Break
- 2.00 p.m. **Patient demonstration of the Instructor (P)**
- 3.45 p.m. Break
- 4.00 p.m. Introduction and practical mat work first part
- 6.30 p.m. End of the third Day

4<sup>th</sup> Day:

- 8.30 a.m. Lecture concerning "Motor Learning" (T)
- 10.00 a.m. DLA-Activities regarding mat work (P+T)
- 11.00 a.m. Break
- 11.30 a.m. Continuing mat work (P)
- 1.00 p.m. Break
- 2.00 p.m. Introduction into the **fifth** PNF - Technique "relaxations" (P+T)
- 3.00 p.m. ICF / assessments / treatment
- 4.00 p.m. Break
- 4.15 p.m. **Patient demonstration of instructor**
- 5.30 p.m. discussion
- 6.30 p.m. End of fourth Day

#### 5<sup>th</sup>Day:

- 8.00 a.m. Introduction into ICF (International Classification of Functional Disorders)  
WHO 2001 and Assessments an all therapies and diagnosis (T)
- 10.00 a.m. Introduction of **sixth** PNF -Technique and Practical Application with different diagnosis's (P+T)
- 10.45 a.m. Break
- 11.00 a.m. Introduction of Pattern for Cervical Spine with functional backgrounds and Practical Applications (P+T)
- 11.30 p.m. Practical work in groups with presentations of results
- 12.00 p.m. end of fifth day and first Part of PNF Basic Course

#### 1<sup>st</sup> Day:

- 09.00 reports
- 10.00 orthopedical patients examples
- 11.15 break
- 11.30 neurological patients examples
- 12.45 break
- 13.30 **patient demonstration by instructor**
- 14.30 discussion
- 15.00 ICF 2001, treatment plan, assessments
- 15.30 break
- 16.00 patient treatments No. 1 (10 patients)**
- 17.30 discussion
- 18.30 preparation treatment No. 2
- 19.00 end of course

#### 2<sup>nd</sup> Day:

- 09.00 Neck pattern, Head pattern
- 10.30 break
- 10.45 gait, variations

12.30	break
13.30	mats variations
15.15	motor control / motor learning / Hands ON – Hands OFF?
16.00	break
<b>16.15</b>	<b>patient treatments No. 2 (10 patients)</b>
17.30	treatment discussion and preparation treatment No. 3
18.30	open end

3<sup>rd</sup> Day:

08.30	gait
10.30	break
10.45	bilaterals 2
12.30	break
13.30	Thrust pattern / bilaterals 1
16.00	<b>patient treatments No. 3 (10 patients)</b>
17.30	treatment plan for treatment No. 4
18.30	open end

4<sup>th</sup> Day:

08.30	neurological treatments, lecture
10.00	break
10.15	spasticity / pain / motor learning
10.45	treatment examples
12.30	break
13.30	homework examples
16.00	break
<b>16.15</b>	<b>patient treatment No.4 (10 patients)</b>
18.30	end of course

5<sup>th</sup> Day:

08.00	techniques repetitions, pattern for dla
10.30	break

10.45	treatment on stairs
11.30	problem solving of participants
12.00	discussion / end of course