

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

1st 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 **first** PNF-Technique (P+T)
- 1.00 p.m. Break
- 1.30 p.m. Pattern of Pelvis with functional background and **second** 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

2nd Day:

- 8.30 a.m. Continuing Trunk PNF-Activities and **third** 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 **fourth** 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

3rd 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

4th 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

5thDay:

- 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

1st 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

2nd 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
16.15 patient treatments No. 2 (10 patients)
17.30 treatment discussion and preparation treatment No. 3
18.30 open end

3rd Day:

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

4th 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
16.15 patient treatment No.4 (10 patients)
18.30 end of course

5th 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