

Program for the PNF Advance 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

1. day

| | |
|--------------|---------------------------------------|
| 9.00 | reports |
| 10.00 | orthopedical patients examples |
| 11.30 | neurological patients examples |
| 12.45 | break |
| 13.30 | patient demonstration |
| 14.30 | discussion |
| 15.00 | ICF 2001, treatment plan, assessments |
| 15.30 | break |
| 16.00 | patient treatments No. 1 |
| 17.30 | discussion |
| 18.30 | preparation treatment No. 2 |
| 19.00 | end of course |

2.day

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|--------------|--|
| 9.00 | Neck pattern, Head pattern |
| 10.30 | break |
| 10.45 | patient treatments No. 2 |
| 12.30 | break |
| 13.15 | mats variations |
| 15.15 | motor control / motor learning / Hands ON – Hands OFF? |
| 16.00 | break |
| 16.15 | gait, variations |
| 17.30 | treatment discussion and preparation treatment No. 3 |

3. day

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|--------------|------------------------------------|
| 9.00 | gait |
| 10.45 | patient treatments No. 3 |
| 12.30 | break |
| 13.15 | Thrust pattern / bilaterals 1 |
| 15.00 | break |
| 15.15 | bilaterals 2 |
| 17.30 | treatment plan for treatment No. 4 |

4. day

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|--------------|------------------------------------|
| 9.00 | written exam |
| 10.00 | break |
| 10.15 | spasticity / pain / motor learning |
| 10.45 | patient treatments No. 4 |
| 12.30 | break |
| 13.15 | homework |
| 15.15 | preparation for exam |

5. day

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| 8.30 | exam |
| 10.30 | break |
| 11.00 | exam |