

## **POSTURAL RESTORATION TRAINED (PRT)**

**Application Deadline – October 15, 2011**

The Postural Restoration Institute® (PRI) has implemented a credentialing process for athletic trainers (ATs) and certified strength and conditioning specialists (CSCSs) to take place annually in January. Postural Restoration Trained (PRT) recognizes expertise in a specialized area of physical medicine. PRT is offered to those who have completed all required courses and demonstrated an advanced knowledge and application of Postural Restoration Institute® concepts. PRT is an educational process that credits the applicant for their PRI knowledge and their ability to apply this knowledge, where and when appropriate, in a professional manner. PRI strongly recommends clinical experience and implementation of Postural Restoration concepts for two years before applying for PRT.

### **PRT Eligibility**

- You are eligible to apply if you are an athletic trainer with current certification by the Board of Certification (BOC). Verification of current certification status is needed ([electronic or written](#)). For more information about certification through the BOC, [click here](#) or copy this link into your internet browser, [http://www.bocatc.org/index.php?option=com\\_content&view=article&id=37&Itemid=39](http://www.bocatc.org/index.php?option=com_content&view=article&id=37&Itemid=39).
- OR
- You are eligible to apply if you have earned the CSCS credential through the National Strength & Conditioning Association (NSCA). Verification of current credential status is needed (electronic or written). For more information about the CSCS credential, [click here](#) or copy this link into your internet browser, <http://www.nsca-cc.org/cscs/about.html>.

### **PRT Course Requirements**

*The following course attendance criteria are required for eligibility to apply for PRT:*

- Completion of *Myokinematic Restoration*
- Completion of *Postural Respiration*
- Completion of *Impingement & Instability*

*Note: Courses must be sponsored by the Postural Restoration Institute® (PRI) and therefore presented by PRI Speakers using PRI materials. Courses must be completed in entirety, 15 contact hours each.*

### **Reasons for Establishing the PRT Credential**

- Establish and maintain continuity between sites implementing Postural Restoration Institute concepts and techniques.
- Recognize individuals with PRI interest, specialization and expertise.
- Protect the use and application of PRI science, reasoning, processes, techniques, and materials.
- Provide avenues for professional development, collaboration between multidisciplinary specialists with PRI interests, and enhancement of scientific approaches using PRI concepts.
- Allow educational institutions, students, and researchers access to PRI specialists.

## PRT Applications and Testing

PRT applications are due annually on or before October 15<sup>th</sup>. There is no fee to apply. In order for PRI to set a high standard for the credentialing process, applicants are asked to provide a number of objective resources illustrating integration of Postural Restoration Institute® concepts and techniques. In addition, PRI requires that the information supplied with your application be current and accurate.

The Postural Restoration Institute® will review all applications and notify applicants of the resulting feedback and recommendation for PRT readiness between November 15<sup>th</sup> and December 1<sup>st</sup>.

If you choose to apply and do not complete testing the same year, PRI will retain your application for review the following year. Please contact us to re-submit your application.

Testing will take place annually in January. For 2011 applicants, testing will take place on Monday **January 9, 2012** immediately following our *Impingement & Instability* course at the Postural Restoration Institute® in Lincoln, Nebraska.

PRT testing is an educational and learning process that will include both clinical and analytical written examination.

## PRT Fees and Benefits

A one-time credentialing fee of \$1300 will be due prior to the testing process. This is the only monetary requirement and renewal is not required. This fee directly offsets costs associated with testing, assessing competency and completing training. The fee will also assist us in developing the process, advancing individual knowledge of Postural Restoration Institute® concepts and in growing a network of professional support. Individuals who earn the PRT credential will receive Postural Restoration Institute® course updates quarterly, ongoing clinical discussion and dialogue, discounted tuition to all courses (50% off the regular tuition rate; discount excludes *Interdisciplinary Integration and PRI Vision courses*), advertising and promotional opportunities, and other benefits to be determined by the Postural Restoration Institute®.

While we encourage and anticipate a high level of involvement from those who earn the PRT credentials, status will not be affected by future Postural Restoration Institute® support and involvement. Rather, in good faith we ask that you keep abreast of all Postural Restoration Institute® activity and development by taking advantage of the tuition discount offered. If other requirements are deemed appropriate in the future they will be determined with the involvement and support of the Postural Restoration Institute® speakers and PRT group. Ron Hruska is very excited to work with all PRT applicants through the testing process as well as continued collaboration thereafter. This credentialing process allows PRI to continue to develop a close and integrated network for future Postural Restoration Institute® leaders.

Again, we truly appreciate your interest and look forward to reviewing your application. Please let me know if you have any questions or if I can assist you in any way.

Janie Ebmeier  
Director of Business Development & Credentialing

**Postural Restoration Trained (PRT) Application:**  
**Please submit by OCTOBER 15<sup>th</sup> to be considered for JANUARY training of the following year.**

PART ONE (Demographics)

Today's Date \_\_\_\_\_

Name \_\_\_\_\_

Professional Title \_\_\_\_\_

Employer / Company \_\_\_\_\_

Work Address \_\_\_\_\_

Work Phone and Fax \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

Education Background \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Present Employment \_\_\_\_\_

Responsibilities \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*ATs: Please send Official Written Verification or Official Electronic Verification or current certification status. Visit the BOC website or [click here](#) for details. CSCSs: Please include written or electronic verification of your credentialing status from the NSCA.*

Credentialing date for which you are applying (Circle One)

January 2012

January 2013

PART TWO (PRI Experience)

Course Attendance

- Please list PRI course attendance. Course requirements: *Myokinematic Restoration*, *Postural Respiration* and *Impingement & Instability*. Be sure to list other PRI courses attended in addition to those required.

Course Title	Date	Location	Speaker
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Clinical / Academic Experience

- Please attach thorough evidence of how you are able to incorporate Postural Restoration Institute® principles and techniques in the training or weight room. What specific PRI concepts are you able to incorporate and how? Consider including photos of athletes or clients successfully performing techniques. Discuss your postural restoration assessment and rationale for manual and/or non-manual technique implemented with athletes or clients. Attachments should demonstrate correct use of PRI terminology and techniques from both *Myokinematic Restoration* and *Postural Respiration* courses.

In addition, evidence can be provided in the form of research or case studies authored or co-authored, in-service materials presented to staff or colleagues (include handouts, slides or outline), and other education materials you have developed based on PRI concepts.

We encourage applicants to submit multiple forms of evidence.

- Please list your three favorite PRI non-manual techniques and why.

(Consider the following when answering: What is the purpose of the technique? In your experience, what is the likely outcome of the technique? What techniques would you use before, after or even in the same program in conjunction with the technique? What cues do you find helpful when instructing your athlete or client? What conditions or objective test outcomes indicate that this technique is appropriate?)

### PART THREE (Critical Research Review)

- Please attach two articles supportive or related to PRI concepts and your interpretation of each article. The brief discussion (1-2 pages) should fully demonstrate your ability to integrate PRI concepts with current concepts in literature.

Suggested journals:

*Strength & Conditioning Journal*

*Journal of Strength & Conditioning Research*

*NSCA's Performance Training Journal*

*Journal of Athletic Training*

*British Journal of Sports Medicine*

*Journal of Applied Physiology*

*American Journal of Respiratory Critical Care Medicine*

*Journal of Applied Biomechanics*

*Journal of Bodywork and Movement Therapies*

*Journal of Orthopaedic and Sports Physical Therapy*

*Journal of Neurobiology*

*Journal of Neurophysiology*

*Spine*

*Journal of Vestibular Research*

*Journal of the American Podiatric Medical Association*

*Thorax – An International Journal of Respiratory Medicine*

*International Journal of Osteopathic Medicine*

- Please list two ideas or suggestions for future clinical research or case studies based upon your review of current related research. This information assists with the future publication of PRI research and case studies.

### PART FOUR: (PRI Advocacy)

Please answer the following questions:

- Explain your current professional situation. In what capacity are you utilizing or integrating PRI concepts and techniques? Are you involved in academia? If so, in what capacity? How are you able to integrate PRI concepts in the classroom?
- How have you promoted or recognized the Postural Restoration Institute®? Please provide evidence of this recognition or support. For example: Have you presented or coordinated in-services related to Postural Restoration Institute concepts or techniques? How do you plan to further promote the Postural Restoration Institute and be a catalyst in the future growth of the PRI approach?