

# 2012

# COURSES

## introductory courses

The following courses are without pre-requisite and can be attended in any order.

- **Myokinematic Restoration** ..... page 6
- **Pelvis Restoration** ..... page 8
- **Postural Respiration** ..... page 10

## secondary courses

The following courses require prior attendance of one or more introductory courses.

- **Cervical-Cranio-Mandibular Restoration** ..... page 12
- **Impingement & Instability** ..... page 14
- **Advanced Integration** ..... page 16

## home study courses

The following introductory courses are offered on DVD for home study.

- **Myokinematic Restoration** ..... page 20
- **Postural Respiration** ..... page 20

## annual symposium

Our 4th Annual Symposium is dedicated to the topic of Airway & The Anterior Neck.

- **Interdisciplinary Integration** ..... page 18

## other

- **Postural Restoration Certified (PRC)** ..... page 22
- **Postural Restoration Trained (PRT)** ..... page 24
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- **Tuition, Discounts, and Refund Policy** ..... page 28

## our mission

The Postural Restoration Institute® (PRI) was established to explore and explain the science of postural adaptations, asymmetrical patterns and the influence of polyarticular chains of muscles on the human body. Our mission is based on the development of an innovative treatment approach that addresses the primary contributions of postural kinematic movement dysfunction.

We are dedicated to clinical education, research and the ongoing search for improved pathways of physical medicine. Together we are creating resources, education opportunities, research, and patient-care programs to assist those who wish to maximize their assessment and treatment skills in the areas of respiration, myokinematics, neuromuscular applications and postural imbalances.

# myokinematic restoration

an integrated approach to treatment of patterned  
lumbo-pelvic-femoral pathomechanics

January 14-15	Salem, OR
January 28-29	Sioux Falls, SD
February 10-11	Lincoln, NE
February 25-26	Albert Lea, MN
March 9-10	St. Louis, MO
March 24-25	Park City, UT
April 14-15	Seattle, WA
May 5-6	Bemidji, MN
May 5-6	Richmond, VA
August 25-26	Monterey, CA
September 22-23	Dallas, TX
October 13-14	Chapel Hill, NC
October 26-27	Huntington, WV
October 27-28	Grants Pass, OR
November 10-11	Philadelphia, PA

*Also available for Home Study!*



CD ROM available with course tuition

# course description

This advanced lecture and lab course explores the biomechanics of contralateral and ipsilateral myokinematic lumbo-pelvic-femoral dysfunction. Treatment emphasizes the restoration of pelvic-femoral alignment and recruitment of specific rotational muscles to reduce synergistic patterns of pathomechanic asymmetry. Emphasis will be placed on restoration, recruitment, and retraining activities using internal and external rotators of the femur, pelvis, and lower trunk. Identification and isolation techniques to inhibit overactive musculature will enable the course participant to restore normal resting muscle position. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as “piriformis syndrome”, right SI joint dysfunction, and low back strain.

# learning objectives

- Outline biomechanical principles of lower half musculoskeletal dysfunction as they relate to rotational patterns of the femur, pelvis, and lumbar spine.
- Describe how musculoskeletal dysfunction relates to articular chain asymmetry and patterns of synergistic compensatory activity.
- Apply examination and assessment skills to neuromuscular dyssynchrony and postural asymmetries that affect stability and function of the lower half.
- Restore synchronous activity across the lumbo-pelvic-femoral complex and improve neuromuscular motor control of the muscles that stabilize these joints.

# course agenda

## Day One

7:30-8	Registration & Light Breakfast
8-9	Left Anterior Interior Chain (AIC) Pattern & Pelvic Joint Dynamics
9-10	Lumbo-Pelvic-Femoral Capsuloligamentous Issues
10-10:15	Break
10:15-12	Femoral Internal & External Rotators
12-1	Lunch (on your own)
1-2	Myokinematic Influences on the Pelvis & Femur
2-3	Examination Tests & Assessment
3-3:15	Break
3:15-4:15	Examination & Assessment (Lab)
4:15-4:30	Repositioning Through Integrated Isolation Demonstration
4:30-5	Questions & Review

## Day Two

7:45-8	Sign-In & Light Breakfast
8-10	Myokinematic Hierarchy
10-10:15	Break
10:15-12	Left AIC Related Pathomechanics: “Piriformis Syndrome”, Right SI Joint Dysfunction, Low Back Strain
12-1	Lunch (on your own)
1-3	Left AIC Myokinematic Integration (Lab)
3-3:15	Break
3:15-5	Design Specific Sequenced Home Programs

# pelvis restoration

an integrated approach to treatment of patterned  
pubo-sacral pathomechanics

January 21-22	Minneapolis, MN
February 18-19	Phoenix, AZ
March 11-12	Salem, OR
March 24-25	Wilmette, IL
April 14-15	Dallas, TX
April 28-29	Monterey, CA
June 23-24	Anchorage, AK
August 18-19	Seattle, WA
September 22-23	Arlington, VA
October 6-7	Shelby Township, MI
October 12-13	Lincoln, NE



CD ROM available with course tuition

# course description

This advanced lecture and lab course is designed to assist clinicians with those complex patients that are struggling to improve. The clinician will gain an appreciation for the influences of an asymmetrical pelvis and how this imbalance contributes to pelvic floor dysfunction. We will explore in detail the function of the pelvic inlet and outlet as it relates to anatomy, respiration, and asymmetry in a multiple polyarticular chain system. Participants will be able to restore pelvic and respiratory neutrality through a PRI treatment approach.

## learning objectives

- Identify musculature of the pelvic inlet and outlet.
- Understand the respiratory diaphragm and how it integrates with the pelvic diaphragm function and rehabilitation.
- Recognize pelvic asymmetry and understand the relationship of pelvic asymmetry and pelvic floor function.
- Apply appropriate PRI techniques in the treatment of pelvic floor dysfunctional patterns.
- Design a postural isolation and inhibition program that includes the integration of appropriate pubo-sacral dynamics for pelvis function.

## course agenda

### Day One

- 7:30-8 Registration & Light Breakfast
- 8-9 Introduction to the Pelvic Floor
- 9-10 Left Anterior Interior Chain (AIC) and Posterior Exterior Chain (PEC) Influence on the Pelvis
- 10-10:15 Break
- 10:15-12 Left AIC and PEC Influence on the Pelvis (*cont'd*)
- 12-1 Lunch (on your own)
- 1-2 Left AIC and PEC Influence on the Pelvis (*cont'd*)
- 2-3 Examination Tests and Assessment
- Standing Reach Test
  - Adduction Drop Test
  - Pelvic Ascension Drop Test
  - Passive Abduction Raise Test
  - Functional Squat Test
  - Hruska Adduction Lift Test
- 3-3:15 Break
- 3:15-5 Respiratory Influences on Pelvic Floor

### Day Two

- 7:45-8 Sign-In & Light Breakfast
- 8-9 Discussion and Review of Day One
- 9-10 Treatment of Pelvic Floor Dysfunction Left AIC
- 10-10:15 Break
- 10:15-12 Treatment of Pelvic Floor Dysfunction Left AIC Case Study
- 12-1 Lunch (on your own)
- 1-3 Treatment of Pelvic Floor Dysfunction PEC PEC Case Study
- 3-3:15 Break
- 3:15-5 Treatment of Pelvic Floor Dysfunction Pathologic PEC Pathologic PEC Case Study

# postural respiration

an integrated approach to treatment of patterned  
thoraco-abdominal pathomechanics

January 28-29	Bradenton, FL
February 11-12	Warner Robins, GA
February 18-19	Urbana, MD
March 2-3	Missoula, MT
March 17-18	Anchorage, AK
May 18-19	Phoenix, AZ
June 1-2	Lincoln, NE
June 2-3	Houston, TX
September 15-16	Seattle, WA
October 6-7	Park City, UT
October 27-28	Minneapolis, MN

*Also available for Home Study!*



CD ROM available with course tuition

# course description

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the postural influences of: rib torsion, asymmetrical oblique strength, inconsistent breathing patterns, habitual use of accessory respiratory musculature and a restricted diaphragm. The focus of this course will be to “balance” polyarticular muscle chains through focused functional assessment of the upper-half. Integrated treatments using manual therapy and specific non-manual techniques to restore respiratory and rotational functions of the trunk will be covered. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as “fibromyalgia”, thoracic outlet syndrome, and shoulder dysfunction.

## learning objectives

- Recognize structural influences and breathing patterns of faulty postures.
- Design a postural isolation and inhibition program that includes the integration of appropriate dynamics of respiration.
- Release restricted polyarticular chains and torsional patterns of the trunk through specific manual and non-manual orientation of ventilatory muscle.
- Restore thoracic-scapular force couples, rib alignment, and abdominal-diaphragm muscle integration.

## course agenda

### Day One

7:30-8	Registration & Light Breakfast
8-9	Overview of Anterior Interior Chain (AIC), Brachial Chain (BC) and Zone of Apposition (ZOA)
9-10	Causes of Faulty Postures
10-10:15	Break
10:15-11	Polyarticular Chains <ul style="list-style-type: none"><li>• Anterior Interior Chain (AIC)</li><li>• Brachial Chain (BC)</li><li>• Posterior Exterior Chain (PEC)</li></ul>
11-12	Mechanics of the Thorax: Muscle and Structure, Rib Kinematics
12-1	Lunch (on your own)
1-3	Respiratory Function
3-3:15	Break
3:15-4:30	Evaluation & Manual Assessment (Lab)
4:30-5	Left AIC Manual Restoration Techniques (Lab)

### Day Two

7:45-8	Sign-In & Light Breakfast
8-9	Overview of Thoracic Mediastinum
9-10	Postural Respiration Functional Relationships
10-10:15	Break
10:15-12	BC Restoration Tests and Manual Techniques (Lab)
12-1	Lunch (on your own)
1-2	Complete BC Manual Techniques (Lab)
2-3	Review of Right Low Trapezius and Right Tricep Program and Progression
3-3:15	Break
3:15-4:15	Review of Right BC PRI Home Program Treatment Guidelines
4:15-5	Questions & Review



# cervical-cranio- mandibular restoration

an integrated approach to treatment of patterned  
temporomandibular and cervical dysfunction

April 28-29

Prescott Valley, AZ

May 19-20

Grayslake, IL

June 9-10

Bismarck, ND

November 3-4

Seattle, WA

# course description

## ■ Prerequisite Course: *Postural Respiration*

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the relationship between cervicobrachial, cervicocranial, and craniomandibular dysfunction and disorders. The focus of this course will be to evaluate, treat, and manage joint compression and instability dysfunction as related to upper quarter asymmetry, cranial osteo dysfunction, and temporal, sphenoid, and occipital position. Information will be presented that anatomically addresses and supports sequential treatment approaches that are introduced in the clinic and oriented for carryover by the patient. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as “TMJ”, headaches, and facial pain.

# learning objectives

- Recognize and evaluate contributing influences of cervicobrachial, craniocervical, and craniomandibular compression disorders and torsional constraint.
- Distinguish cranial versus mandibular adaptation patterns of TMD.
- Design a strengthening and stabilization program for cervical, brachial, and craniomandibular instabilities.
- Apply appropriate management sequence of TMD and cervical dysfunction.

# course agenda

## Day One

7:30-8	Registration & Light Breakfast
8-8:30	Opening Remarks
8:30-10	Review of AIC and BC Tests and Techniques Relating to Temporomandibular Cervical Chain (TMCC) Examination
10-10:15	Break
10:15-12	Right TMCC Facial Observations and Characteristics
12-1	Lunch (on your own)
1-2	Cervical-Cranio-Mandibular Functional Anatomy
2-3	Sphenoid and Lateral Pterygoid Orientation and Organization
3-3:15	Break
3:15-4	Cranial Flexion Manual Demonstration
4-5	Cranial Flexion Lab

## Day Two

7:45-8	Sign-In & Light Breakfast
8-8:30	Review of TMCC Inhalation and Exhalation Correlations
8:30-10	Temporal and SCM/Temporalis Orientation and Organization
10-10:15	Break
10:15-11:15	Temporal Mandibular Cervical Chain
11:15-12	TMCC Respiration and Treatment Goals
12-1	Lunch (on your own)
1-1:30	Right TMCC Non-Manual Techniques <ul style="list-style-type: none"><li>• Fronto Occipital (Right)</li><li>• Sphenobasilar Flexion (Right)</li></ul>
1:30-3	TMCC Tests <ul style="list-style-type: none"><li>• Fronto Occipital (Right)</li><li>• Sphenobasilar Flexion (Right), Demonstration and Lab</li></ul>
3-3:15	Break
3:15-4:15	Continuation of Lab
4:15-5	Mandibular Temporal Joint Integrative Management



# impingement & instability

January 7-8

Lincoln, NE

June 23-24

Brevard, NC

September 22-23

Williston, VT

October 13-14

Prescott Valley, AZ

# course description

■ Prerequisite Courses: *Myokinematic Restoration and Postural Respiration*

This advanced lecture and demonstration course will explore issues of impingement and instability as they relate to the Left AIC and Right BC pattern and associated reference centers. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as calcaneal instability, knee instability, hip impingement, ilium instability, scapula instability, shoulder impingement, and multidirectional HG and FA instability. Guidance will be offered in assessing 'instability' and 'impingement' as related to early and late pathologic function following the asymmetrical human developed pattern (Left AIC/Right BC) of unilateral dominance, habit, and inconsistent hand and foot usage.

# learning objectives

- Identify key anti-gravitational myokinematic and neurologic processes influencing compensatory and non-compensatory patterns of the upright patient.
- Recognize influences of internal orientation and compensation on the extended and hypertonic system.
- Manage calcaneal instability and how to incorporate calcaneal stability in the frontal plane.
- Establish a plan of care reflecting femoral and tibial activity for the patella-femoral patient.
- Facilitate PRI neuromuscular re-training programs for the Type I, II and III scapula.
- Balance pelvic floor tension and tone using PRI functional guidelines and testing.

# course agenda

## Day One

- 7:30-8 Registration & Light Breakfast
- 8-10 PRI Concepts of Impingement and Instability
- Associated Compensatory Patterns
  - Contributing Factors
- 10-10:15 Break
- 10:15-12 Assessment of Impingement and Instability
- PRI Tests and Test Outcomes
  - Conventional Tests and Test Outcomes
- Sagittal vs. Salamander
- 12-1 Lunch (on your own)
- 1-3 Calcaneal Instability
- Patellar Instability
- 3-3:15 Break
- 3:15-5 Femoral Instability

## Day Two

- 7:45-8 Sign-In & Light Breakfast
- 8-10 Pelvic Instability
- Ischial Tendonitis
- 10-10:15 Break
- 10:15-12 Hip and Groin Impingement
- 12-1 Lunch (on your own)
- 1-3 Scapula Thoracic Instability
- 3-3:15 Break
- 3:15-5 Shoulder Instability and Tendonitis
- Shoulder Impingement



# advanced integration

December 6-9

Lincoln, NE

# course description

■ Prerequisite Courses: *Myokinematic Restoration and Postural Respiration*

This four-day advanced lecture and demonstration course is structured so that clinicians will gain an appreciation for the relationship between pathomechanic patterns. It is highly advanced and interactive and reflects PRI concepts covered in both the Myokinematic Restoration and Postural Respiration courses in an integrative fashion. Both non patho-compensatory and patho-compensatory issues as they relate to the Left AIC and Right BC pattern will be explored in detail. Anatomy, examination tests, algorithms, and manual and non-manual techniques will be presented with focus on total body integration rather than on individual regions of the body. Participants will be able to immediately apply concepts of synchronous breathing, tri-planar integration, and thoracic-scapular integration in the treatment and management of typical compensatory and non-compensatory patterns, and pathologic and non-pathologic curvature of the spine.

Please visit our website for detailed course objectives:

[www.posturalrestoration.com/courses/advanced-integration](http://www.posturalrestoration.com/courses/advanced-integration)

## course agenda

### DAY ONE

#### ***Synchronous Breathing –***

#### ***Sagittal Repositioning of ZOA***

7:30-8	Registration & Light Breakfast
8-10	Introduction; Overview of Integration CD; Position/Septal Symmetry
10-10:15	Break
10:15-12	ZOA and Breathing; Top Integration Concepts
12-1	Lunch (on your own)
1-3	Review of Restoration Techniques
3-3:15	Break
3:15-4	Temporal Mandibular Cervical Chain (TMCC) Overview
4-5	Professional Integration - Neuro-Optometrics

### DAY TWO

#### ***Triplanar Activity – Frontal and Transverse Integration***

7:45-8	Sign-In & Light Breakfast
8-10	Pelvic Floor and Diaphragm
10-10:15	Break
10:15-12	Frontal Plane Assessment; Overview of Adduction and Abduction Concepts
12-1	Lunch (on your own)
1-3	Coloring Correlations
3-3:15	Break
3:15-5	Piriformis Syndrome; SI Joint Dysfunction

### DAY THREE

#### ***Thoracic-Scapula Integration***

7:45-8	Sign-In & Light Breakfast
8-10	Rib Kinematics; Superior T4 Syndrome; Flat Back Syndrome
10-10:15	Break
10:15-12	Brachial Chain (BC) and Thoracic-Scapular Non-Manual Techniques
12-1	Lunch (on your own)
1-3	BC and Thoracic-Scapular Non-Manual Techniques ( <i>cont'd</i> )
3-3:15	Break
3:15-4 :15	Swimmers
4:15-5	Professional Integration

### DAY FOUR

#### ***Curvature of the Spine***

7:45-8	Sign-In & Light Breakfast
8-9	Pattern vs. Position
9-10	Roto-Scoliosis; Non-Patho and Patho Curves
10-10:15	Break
10:15-12	Roto-Scoliosis ( <i>cont'd</i> )
12-1	Lunch (on your own)
1-3	Roto-Scoliosis ( <i>cont'd</i> ); Juvenile Kyphosis
3-3:15	Break
3:15-5	Alternating Reciprocal Activity Inhibition Techniques; Concluding Remarks



# interdisciplinary integration

April 19-20

Lincoln, NE

# course description

Our 4th Annual Interdisciplinary Integration course brings together six highly regarded professionals to share their experience on the subject of airway and the anterior neck. This symposium will include interactive discussion on the anatomy, neurology and mechanics of the airway and the anterior neck. Emphasis will be placed on how to manage the nasal and oral airway both during sleep and upright function. Upper airway obstruction and influences on respiratory and laryngeal function, from asymmetrical torsional alignment of the cranium, neck and thorax, post-traumatic vertigo, cervical trauma, postural pathomechanics and respiratory imbalance will be offered.

## speakers

Jonathan A. Parker, DDS

Michael Hoefs, DDS, DAMCP, FAACP, FADI

Ron Hruska, MPA, PT

Chris Cederberg, MD

Heidi Wise, OD, FCOVD

Marina Gilman, M.M., M.A. CCC-SLP

## course agenda

### Day One

- 7:30-8 Registration & Light Breakfast
- 8-10 The Connection Between the Oral System and Body Function  
-Jonathan A. Parker, DDS
- 10-10:15 Break
- 10:15-12 The Connection Between the Oral System and Body Function (*cont'd*)
- 12-1 Lunch (on your own)
- 1-3 The Airway: Dentist and Orthodontic Role In Airway Development and Maintenance  
-Michael Hoefs, DDS, DABCP, FAACP, FADI
- 3-3:15 Break
- 3:15-4:15 Forward Head Position Influences on the Anterior Neck: A PRI Perspective  
-Ron Hruska, MPA, PT
- 4:15-5 Panel Discussion-Moderated by Ron Hruska

### Day Two

- 7:45-8 Sign-In & Light Breakfast
- 8-10 Upper Airway Obstruction; Post Traumatic Vertigo; Traumatic Injuries Associated with the Neck  
-Chris Cederberg, MD
- 10-10:15 Break
- 10:15-12 Visual-Cervical Interactions  
-Heidi Wise, OD, FCOVD
- 12-1 Lunch (on your own)
- 1-4 Voice and Movement, Putting It All Together  
-Marina Gilman, M.M., M.A. CCC-SLP
- 4-4:15 Break
- 4:15-5 Panel Discussion-Moderated by Ron Hruska

*Please visit our website for speaker biographies and detailed descriptions of each individual presentation.*

# home study courses

Home Study courses are comprised of video from the live 15-hour lecture and lab courses including Power Point slides, demonstration, lab, and audience question and answer sessions. Each course is available as a set of 8 DVD's in total for viewing in the comfort of your home or office.

- **Register** online or by phone, fax or mail.
- **Receive** a set of 8 DVD's, a course manual of approximately 150 pages, and a study guide by UPS Ground Shipping\*.
- **Watch** the 15 hour course in the comfort of your home or office.
- **Complete** the written examination to verify your completion of the course.
- **Return** the DVD's in the pre-paid envelope after 14 days.
- **Receive** a Certificate of Completion.

*\* Call for Rush Shipping*

# myokinematic restoration

## course description

This advanced lecture and lab course explores the biomechanics of contralateral and ipsilateral myokinematic lumbo-pelvic-femoral dysfunction. Treatment emphasizes the restoration of pelvic-femoral alignment and recruitment of specific rotational muscles to reduce synergistic patterns of pathomechanic asymmetry. Emphasis will be placed on restoration, recruitment, and retraining activities using internal and external rotators of the femur, pelvis, and lower trunk. Identification and isolation techniques to inhibit overactive musculature will enable the course participant to restore normal resting muscle position. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as “piriformis syndrome”, right SI joint dysfunction, and low back strain.

## learning objectives

- Outline biomechanical principles of lower half musculoskeletal dysfunction as they relate to rotational patterns of the femur, pelvis, and lumbar spine.
- Describe how musculoskeletal dysfunction relates to articular chain asymmetry and patterns of synergistic compensatory activity.
- Apply examination and assessment skills to neuromuscular dyssynchrony and postural asymmetries that affect stability and function of the lower half.
- Restore synchronous activity across the lumbo-pelvic-femoral complex and improve neuromuscular motor control of the muscles that stabilize these joints.

# postural respiration

## course description

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the postural influences of: rib torsion, asymmetrical oblique strength, inconsistent breathing patterns, habitual use of accessory respiratory musculature and a restricted diaphragm. The focus of this course will be to “balance” polyarticular muscle chains through focused functional assessment of the upper-half. Integrated treatments using manual therapy and specific non-manual techniques to restore respiratory and rotational functions of the trunk will be covered. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as “fibromyalgia”, thoracic outlet syndrome, and shoulder dysfunction.

## learning objectives

- Recognize structural influences and breathing patterns of faulty postures.
- Design a postural isolation and inhibition program that includes the integration of appropriate dynamics of respiration.
- Release restricted polyarticular chains and torsional patterns of the trunk through specific manual and non-manual orientation of ventilatory muscle.
- Restore thoracic-scapular force couples, rib alignment, and abdominal-diaphragm muscle integration.

# postural restoration certified

PRC application deadline  
PRC testing

September 15, 2012  
December 10-11, 2012



The Postural Restoration Institute® established a certification process in 2004 as a way to recognize and identify those individuals with advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute®. Certification is available to physical therapists, physical therapist assistants, and occupational therapists who have attended PRI courses, demonstrated a thorough understanding of the science through completion of the PRC application, and successfully participate in both clinical and analytical testing.

## eligibility & course requirements

You are eligible to apply if you are a physical therapist, physical therapist assistant or occupational therapist who has completed the following courses and can successfully demonstrate an advanced understanding and clinical integration of PRI principles.

- Myokinematic Restoration (*Live or Home Study*)
- Postural Respiration (*Live or Home Study*)
- Advanced Integration

***In addition, choose one of the following courses:***

- Pelvis Restoration
- Cervical-Cranio-Mandibular Restoration
- Impingement & Instability

***PLEASE NOTE:*** Beginning in the year 2013, Pelvis Restoration will be a required course for PRC.

## application

Please find a printable application at [www.posturalrestoration.com/PRC/application](http://www.posturalrestoration.com/PRC/application). Your completed application is due by September 15th for certification the same year. Once received, your application will be reviewed by our Application Review Committee and you will be notified of their feedback and comments. If you choose to complete the process after consideration of all reviewer feedback, certification of both clinical and analytical testing will take place for two days following our *Advanced Integration* course in December.

Please send 2 copies of your complete PRC application by mail or email to the address below. Applications must arrive on or before September 15, 2012. We are not able to accept late applications.

Postural Restoration Institute®  
Janie Ebmeier  
5241 R Street, Lincoln, NE 68504  
Email: [janie@posturalrestoration.com](mailto:janie@posturalrestoration.com)

## testing & advantages

While no application fees are required, a one-time certification fee of \$2000 will be due prior to the two-day certification process. This is the only monetary requirement and certification will not require renewal. This fee directly offsets costs associated with testing, assessing competency and completing certification. 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. Certified individuals will receive quarterly updates, ongoing clinical discussion and dialogue, discounted course tuition (50% discount; excludes *Interdisciplinary Integration*), advertising and promotional opportunities, and other benefits to be determined by the Postural Restoration Institute®.

# postural restoration trained

PRT application deadline  
PRT testing

October 15, 2012  
January 14, 2013



The Postural Restoration Institute® established a credentialing process in 2011 for athletic trainers (AT's) and certified strength and conditioning specialists (CSCS's) 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

## eligibility & course requirements

You are eligible to apply if you are a certified athletic trainer or certified strength and conditioning specialist who has completed the following courses and can successfully demonstrate an advanced understanding and integration of PRI principles.

- Myokinematic Restoration (*Live or Home Study*)
- Postural Respiration (*Live or Home Study*)
- Impingement & Instability

## application

Please find a printable application at [www.posturalrestoration.com/PRT/application](http://www.posturalrestoration.com/PRT/application). Your completed application is due by October 15th for credentialing the following January. There is no fee to apply. Once received, your application will be reviewed by our Application Review Committee and you will be notified of their feedback and comments. If you choose to complete the process after consideration of all reviewer feedback, testing will take place for one day following our *Impingement & Instability* course in January at the Postural Restoration Institute in Lincoln, NE.

Please send 2 copies of your complete PRT application by mail or email to the address below. Applications must arrive on or before October 15, 2012. We are not able to accept late applications.

Postural Restoration Institute®  
Janie Ebmeier  
5241 R Street, Lincoln, NE 68504  
Email: [janie@posturalrestoration.com](mailto:janie@posturalrestoration.com)

## testing & advantages

While no application fees are required, a one-time credentialing fee of \$1300 will be due prior to the one-day educational process of credentialing. This is the only monetary requirement and credentialing will not require renewal. This fee directly offsets costs associated with testing, assessing competency and completing the credentialing process. 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. PRT individuals will receive quarterly updates, ongoing discussion and dialogue, discounted course tuition (50% discount; excludes *Interdisciplinary Integration*), advertising and promotional opportunities, and other benefits to be determined by the Postural Restoration Institute®.

# speakers



## **Ron Hruska, MPA, PT**

Ron has a strong interest in myokinematic and biomechanical influences on postural and peripheral adaptation patterns. His 32 years of clinical experience assists him with direct patient interventions based on specific examination and evaluation data that best reflects neuromechanical stability, trunk symmetry and respiratory balance. He lectures extensively and consults regularly with physicians, physical therapists, optometrists, dentists, and other healthcare providers across the United States and internationally on patterned postural position and pathology and his approach of restoring symmetrical balance using PRI principles. His reputation has led to consultations with collegiate and professional athletes from a variety of arenas, states and countries. He is a graduate of the University of Nebraska Medical Center, Division of Physical Therapy. He currently is a member of the American Academy of Orofacial Pain, American Academy of Craniofacial Pain, Neuro-Optometic Rehabilitation Association and the American Physical Therapy Association. Ron serves as a Biomechanical Consultant to the University of Nebraska-Lincoln through the Division of Athletic Medicine. He has patented Prism and Priori PRI Aquatic systems. He is co-founder of PRI Vision, LLC. He is Director of the Postural Restoration Institute® and consults and practices at the Hruska Clinic, Restorative Physical Therapy Services, and PRI Vision Clinic in Lincoln, Nebraska.



## **James Anderson, MPT, PRC**

James received his Master's Degree in Physical Therapy from the University of Nebraska Medical Center in Omaha in 1998. He completed his undergraduate studies at the University of Nevada Las Vegas where he majored in kinesiology. James is currently practicing at ProActive Physical Therapy in Burley, Idaho. ProActive Physical Therapy is one of the first clinics in the country to be designated a Postural Restoration Certified Center. Over the years James has provided course instruction and consultation to hundreds of physicians, physical therapists, athletic trainers and strength and conditioning professionals nationwide. His expertise with biomechanics has led to invitations to serve as sports performance consultant for a wide variety of collegiate and professional athletic organizations. James' passion for educating students, clinicians, and other medical professionals has led to appointments as clinical instructor for several graduate programs and guest lecturer for a wide variety of local, regional, and national events. James was a member of the first class to earn the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute®.



## **Michael Cantrell, MPT, PRC**

Mike graduated from the University of Georgia in 1981 with a Bachelor's degree in Dietetics. After a period in the U.S. Army, he completed his Master's degree in Physical Therapy from Emory University School of Medicine in Atlanta. Mike's orthopedic skills continued to advance as he began practicing at the University of Georgia as the sole physical therapist for a population of 30,000 students. In 1992, he and his wife Tassie opened their private practice where Postural Restoration techniques are carried out with patients presenting a variety of diagnoses and often traveling from surrounding states. The Cantrell Center became a Postural Restoration Certified Center in 2006. Mike's passion and reputation for successful clinical outcomes and his background in nutrition, sports medicine and Postural Restoration has led to consultation and speaking opportunities within his local community and across the country. He has published a number of articles for the Postural Restoration Institute® and has been a featured speaker at PRC national conferences for several years. Mike was a member of the 2006 class to earn the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute®.



## **Jennifer Poulin, PT, PRC**

Jen graduated from the University of Vermont in 1991 and began her study of PRI concepts in 1999. In 2005, Jen earned the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute®. Jen believes her mission of certification is education and therefore has mentored and trained several physical therapists and athletic trainers. In addition to teaching, Jen and her husband Chris own Poulin Performance located in So. Burlington, Vermont. Together they share a special interest in wellness and the integration of PRI into injury prevention programs. Poulin Performance attracts athletes and clients from all over the region for both rehabilitation and strength and conditioning programs. Jen's other interests include running, golf and tennis. She mostly enjoys spending time with Chris and their daughters Madison and Devon.



## **Lori Thomsen, MPT, PRC**

Lori completed her Bachelor of Biology degree from Nebraska Wesleyan University in Lincoln, Nebraska and her Master of Physical Therapy from the University of Nebraska Medical Center. Her many years of clinical experience have resulted in a strong passion for the Postural Restoration science and patient interventions. She enjoys teaching other healthcare professionals and has a strong interest in runners, scoliosis, pelvic floor dysfunction, and vision/vestibular integration. She is the Operational Manager of the Hruska Clinic™, and currently practices at the Hruska Clinic™, Restorative Physical Therapy Services in Lincoln, Nebraska. In 2005, Lori earned the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute®.

# tuition

## introductory courses

	Early Registration	Late Registration	With CD ROM
<b>Myokinematic Restoration</b>	<b>\$415</b>	<b>\$445*</b>	<b>\$575</b>
<b>Pelvis Restoration</b> ( <i>without Pelvis Model</i> )	<b>\$415</b>	<b>\$445*</b>	<b>\$575</b>
<b>Pelvis Restoration</b> ( <i>with Pelvis Model</i> )	<b>\$515</b>	<b>\$545*</b>	<b>\$675</b>
<b>Postural Respiration</b>	<b>\$415</b>	<b>\$445*</b>	<b>\$575</b>

## secondary courses

	Early Registration	Late Registration
<b>Cervical-Cranio-Mandibular Restoration</b>	<b>\$435</b>	<b>\$465*</b>
<b>Impingement &amp; Instability</b>	<b>\$435</b>	<b>\$465*</b>
<b>Advanced Integration</b>	<b>\$795</b>	<b>\$825*</b>

## home study courses

	Registration
<b>Myokinematic Restoration</b>	<b>\$395</b>
<b>Postural Respiration</b>	<b>\$395</b>

## annual symposium

	Early Registration	Late Registration
<b>Interdisciplinary Integration</b>	<b>\$415</b>	<b>\$445*</b>

*\*within 4 weeks of course.*

### Discounts:

- Groups of 5 or more attending from the same organization receive a 10% discount.
- Repeat a course within 3 years and receive a 20% discount. (*Excludes Interdisciplinary Integration.*)
- Register for 2 courses at the same time and receive a 15% discount on the second course. (*Excludes Interdisciplinary Integration and Secondary Courses.*)
- Home Study Courses Only: Groups of 2 or more receive 10% discount. Groups of 5 or more receive 15% discount.
- Postural Restoration Certified (PRC) Therapists and Postural Restoration Trained (PRT) Therapists receive a 50% discount (*Excludes Interdisciplinary Integration.*)
- Discounts cannot be combined.

**Cancellation & Refund Policy:** Tuition is refundable less \$50 if cancelled 14 days before the course date. Tuition is not refundable for registrations or cancellations within 14 days of the course. However, you may have someone attend in your place or attend on another date. If you choose to attend on another date, a \$50 fee applies to transfer your registration. PRI reserves the right to cancel a course and will refund the tuition fee only.