



Have you ever
considered...

the diaphragm's influence on foot

mechanics,

the impact of rib rotation on shoulder

function,

or the integral relationship of pelvic and cervical

position?

2009 Courses

PRELIMINARY COURSES

Myokinematic Restoration	page 3-4
Postural Respiration	page 5-6
Interdisciplinary Integration	page 11

SECONDARY COURSES *(pre-requisites apply)*

Cervical-Cranio-Mandibular Restoration	page 7-8
Impingement & Instability	page 9-10
Advanced Integration	page 12

posturalrestoration.com

Please visit our website for educational resources, articles, interviews, certification details and more! Our daily news provides updates and guidance for clinicians who have attended PRI courses.



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, educational 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.

accreditation

A certificate for 15 contact hours will be awarded to attendees upon completion of each course. The *Advanced Integration* and *Interdisciplinary Integration* courses award 30 contact hours. Attendees are responsible for following state statutes regulating their professional practice. The Postural Restoration Institute™ is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for certified athletic trainers (#P2376). Course approval applications may be submitted by PRI in states mandating pre-approval of continuing education courses.

Please visit our website for a complete listing of continuing education credits by state: www.posturalrestoration.com/courses/ce-approval.

audience

Courses are designed for physical therapists, physical therapist assistants, occupational therapists, occupational therapist assistants, and athletic trainers. However, all courses are open to any healthcare professional. PRI strongly encourages groups of two or more attending from the same clinic. A team approach contributes to a stronger understanding of advanced material and is beneficial for techniques requiring two persons. Participants should have a desire to learn how to approach, correct, and manage pathomechanics through restoration of postural alignment, neuromuscular firing patterns, and normal respiratory dynamics.

myokinematic restoration

Jan 10-11	Brookings, SD
Jan 24-25	Las Vegas, NV
Feb 7-8	Rockville, MD
Feb 21-22	Grayslake, IL
Feb 21-22	Minneapolis, MN
Mar 20-21	Freehold, NJ
Apr 4-5	Durham, NC
Apr 4-5	Syracuse, NY
May 29-30	St. Louis, MO
May 30-31	St. Petersburg, FL
Aug 1-2	Duluth, MN
Sept 12-13	Stillwater, MN
Oct 3-4	Lincoln, NE
Nov 14-15	Rapid City, SD

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

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 PRL 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		Day Two	
7:30-8	Registration & Light Breakfast	7:45-8	Sign-in & Light Breakfast
8-9	Left Anterior Interior Chain (AIC) Pattern & Pelvic Joint Dynamics	8-10	Myokinematic Hierarchy
9-10	Lumbo-Pelvic-Femoral Capsuloligamentous Issues	10-10:15	Break
10-10:15	Break	10:15-12	Left AIC Related Pathomechanics: "Piriformis Syndrome", Right SI Joint Dysfunction, Low Back Strain
10:15-12	Femoral Internal & External Rotators	12-1	Lunch (on your own)
12-1	Lunch (on your own)	1-3	Left AIC Myokinematic Integration (Lab)
1-2	Myokinematic Influences on the Pelvis & Femur	3-3:15	Break
2-3	Examination Tests & Assessment	3:15-5	Design Specific Sequenced Home Programs
3-3:15	Break		
3:15-4:15	Examination & Assessment (Lab)		
4:15-4:30	Repositioning Through Inte- grated Isolation Demonstration		
4:30-5	Questions & Review		

postural

respiration

an integrated approach
to treatment of patterned
thoraco-abdominal
pathomechanics

Jan 17-18	Loveland, CO
Feb 7-8	Fargo, ND
Feb 21-22	Lincoln, NE
Mar 7-8	Montgomery, AL
Mar 21-22	Falls Church, VA
Apr 18-19	Shakopee, MN
May 2-3	Hayden, ID
May 16-17	Lebanon, NH
May 30-31	Boone, NC
Jun 6-7	Phoenix, AZ
Nov 14-15	Dearborn, MI

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		Day Two	
7:30-8	Registration & Light Breakfast	7:45-8	Sign-In & Light Breakfast
8-9	Overview of Anterior Interior Chain (AIC), Brachial Chain (BC) and Zone of Apposition (ZOA)	8-9	Overview of Thoracic Mediastinum
9-10	Causes of Faulty Postures	9-10	Postural Respiration Functional Relationships
10-10:15	Break	10-10:15	Break
10:15-11	Polyarticular Chains: Anterior Interior Chain (AIC), Brachial Chain (BC), Posterior Exterior Chain (PEC)	10:15-12	BC Restoration Tests and Manual Techniques (Lab)
11-12	Mechanics of the Thorax: Muscle and Structure, Rib Kinematics	12-1	Lunch (on your own)
12-1	Lunch (on your own)	1-2	Complete BC Manual Techniques (Lab)
1-3	Respiratory Function	2-3	Review of Right Low Trapezius and Right Tricep Program and Progression
3-3:15	Break	3-3:15	Break
3:15-4:30	Evaluation & Manual Assessment (Lab)	3:15-4:15	Review of Right BC PRI Home Program Treatment Guidelines
4:30-5	Left AIC Manual Restoration Techniques (Lab)	4:15-5	Questions & Review

cervical-cranio-mandibular

restoration*

an integrated approach to
treatment of patterned
temporomandibular
and cervical dysfunction

Jan 24-25

Tulsa, OK

Mar 7-8

Burlington, VT

Apr 25-26

Lancaster, PA

Jul 25-26

Syracuse, NY

Aug 8-9

Woodbury, MN

Oct 3-4

Sioux City, IA

Nov 14-15

Lebanon, NH

course *Description*

*Prior attendance of *Postural Respiration* is required.

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 osteopathic 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.
- 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 TMCC Examination
10-10:15	Break
10:15-12	Right Temporal Mandibular Cervical Chain (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 (TMCC)
11:15-12	TMCC Respiration and Treatment Goals
12-1	Lunch (on your own)
1-1:30	Right TMCC Non-Manual Techniques
1:30-3	TMCC Tests, Fronto Occipital (Right), Sphenobasilar Flexion (Right), Demonstration and Lab
3-3:15	Break
3:15-4:15	Continuation of Lab
4:15-5	Mandibular Temporal Joint Integrative Management

impingement & instability*

Jan 10-11	Gilbert, AZ
Feb 7-8	Yankton, SD
Aug 22-23	Lincoln, NE
Sept 19-20	Bismarck, ND
Oct 24-25	Raleigh, NC

course Description

*Prior attendance of *Myokinematic Restoration* and *Postural Respiration* is required.

This advanced lecture and demonstration course will explore issues of impingement and instability as they relate to the Left AIC and Right BC pattern. 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 consistent 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

8:00-10:00 PRI Concepts of Impingement and Instability

- Associated Compensatory Patterns
- Contributing Factors

10:00-10:15 Break

10:15-12:00 Assessment of Impingement and Instability

- PRI Tests and Test Outcomes
- Conventional Tests and Test Outcomes

Sagittal vs. Salamander

12:00-1:00 Lunch (on your own)

1:00-3:00 Calcaneal Instability
Patellar Instability

3:00-3:15 Break

3:15-5:00 Femoral Instability

Day Two

8:00-10:00 Pelvic Instability
Ischial Tendonitis

10:00-10:15 Break

10:15-12:00 Hip and Groin Impingement

12:00-1:00 Lunch (on your own)

1:00-3:00 Thoracic Instability
Scapular-Thoracic Instability

3:00-3:15 Break

3:15-5:00 Shoulder Instability and
Tendonitis

Shoulder Impingement

interdisciplinary

integration

March 26-29 Lincoln, NE

course Description

Our first annual *Interdisciplinary Integration* course is designed for health professionals of all disciplines. No prerequisite PRI courses are needed and daily registration is available. This course will offer recommendations on how to manage patients who are limited in successful outcomes through intra-discipline treatment only. Influences of the feet, cranium and the autonomic nervous system; vision and the vestibular system; and the pelvic floor; on each other and on the practitioner's examination and intervention will be outlined. PRI tests and techniques will be used to help implement this interdisciplinary integrative intervention.

Thursday: Podiatric Integration (*Paul Coffin, DPM & Ann Ringlein*)

Friday: Dental Integration (*Mike Hoefs, DDS*)

Saturday: Visual Integration (*Dr. James Nedrow, OD, MS, FAAO and Ron Hruska, MPT, PT*)

Sunday: Pelvic Floor Dysfunction (*Heather Engelbert, PT, PRC & Lori Thomsen, PT, PRC*)

Please visit our website for detailed objectives and agendas for each day:
www.posturalrestoration.com/courses/interdisciplinary-integration.

advanced

integration*

December 3-6 Lincoln, NE

course Description

*Prior attendance of *Myokinematic Restoration* and *Postural Respiration* is required.

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.

Thursday: Synchronous Breathing

Friday: Tri-Planar Activity

Saturday: Thoracic-Scapular Integration

Sunday: Curvature of the Spine

Please visit our website for detailed objectives and agendas for each day:
www.posturalrestoration.com/courses/advanced-integration.

speaker profiles



Ron Hruska MPA, PT

Ron has a strong interest in myokinematic and biomechanical influences on postural and peripheral adaptation patterns. His 29 years of clinical experience assist him with direct patient interventions based on specific examination and evaluation data that best reflects postural stability, trunk symmetry, and respiratory balance. He lectures extensively and consults regularly with physicians, dentists, physical therapists, coaches, researchers, and other healthcare providers across the United States on patterned postural discord and his approach of maximizing symmetry throughout the body. His reputation has led to consultations with collegiate and professional athletes from a variety of arenas. Ron is a graduate of the University of Nebraska Medical Center, Division of Physical Therapy. He is a member of the American Academy of Orthopedic Manual Physical Therapists, American Academy of Orofacial Pain, American Academy of Craniofacial Pain, Neuro-Optometric Rehabilitation Association, and the American Physical Therapy Association. Ron serves as Biomechanical Consultant to the University of Nebraska-Lincoln through the Division of Athletic Medicine. He is founder and owner of the Postural Restoration Institute™ and Hruska Clinic, Restorative Physical Therapy Services, in Lincoln, Nebraska.

www.hruskaclinic.com



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 Director of Spine Rehabilitation at The Rejuvenation Center in Omaha, one of the first clinics in the country to be designated a Postural Restoration Certified Center. He has combined extensive continuing education with collaborative research to attain clinical excellence in the non-surgical treatment of back, hip, knee, shoulder, and neck pain syndromes. He has consulted with various companies as course instructor and/or biomechanical consultant and lectured to hundreds of physicians, physical therapists, and athletic trainers across the country. James's 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. He 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 muscle on the human body as defined by the Postural Restoration Institute™.

www.lovemyback.com



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. Mike's reputation for successful clinical outcomes and his background in nutrition, sports medicine, and Postural Restoration has led

to consulting and speaking opportunities within his local community and across the country. Mike has 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 muscle on the human body as defined by the Postural Restoration Institute™.

www.cantrellcenter.com

registration Register online at posturalrestoration.com

EARLY REGISTRATION *(Four or more weeks prior to course)* **\$395**

LATE REGISTRATION *(Within four weeks of course)* **\$425**

ADVANCED INTEGRATION \$725

INTERDISCIPLINARY INTEGRATION \$725 *(Daily rate \$200)*

Discounts: Repeat a course within 3 years and receive a 20% discount. Register for two courses at the same time and receive a 20% discount on the second course. (Payment for both courses must be received in full. Excludes *Advanced Integration* and *Interdisciplinary Integration* courses.)

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. PRI reserves the right to cancel a course and will refund the tuition fee only.

Course Date & Location _____

Name and Credentials _____

Address _____

City, State, Zip _____

Employer _____

Phone _____ Fax _____

Email _____

Method of payment: Check *(payable to PRI)* Visa MasterCard Discover

Credit card # and expiration date _____

Signature _____

Preferred confirmation method: Email Fax Mail



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