



PRI Mini Residency Center Application

PART ONE (Demographics)

Today's Date            September 8th, 2021

Name                     Donna Parise Byrne PT PRC NCPT

Professional Title      Physical Therapist

Employer / Company    Pilates Central Wellness

Work Address            1713 Central Street Evanston , Il 60201

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Website                 pilatescentralwellness.com

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Please provides names of all of the PRCs or PRTs that are currently on staff at your facility:

Donna Parise Byrne PT PRC NCPT

Dan Houglum MSPT ATC/L PRC

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## **PART TWO (PRI Mini Residency Center Description)**

***Please provide a description of what the resident can expect at your PRI Mini Residency Center:***

- 1. Outline and describe the opportunities that currently exist with patients or clients, and the conditions that exist with the majority or typical patient/client representation.***

Observation of PRI physical therapy evaluation and treatment of a variety of conditions including: spinal dysfunction; neck/low back pain, SI dysfunction, hip, knee, ankle, shoulder pain. Focus is on assessing breathing dysfunction, asymmetrical movement patterns, and training abdominal opposition to the diaphragm.

- 2. Outline any unique opportunities that exist.***

Observe treatment sessions with Dan Houglum (who is on faculty with PRI, teaching Myokinematic Restoration, Postural Respiration and Impingement and Instability).

Observe PRI inspired Pilates classes with Donna Parise Byrne, and PT treatment sessions utilizing PRI assessment and intervention, as well as integrating PRI and Pilates.

Discuss patient cases from both an assessment and treatment approach.

Discuss and answer questions regarding non-manual treatment selection as well as interdisciplinary integration.

- 3. Outline the experience and interest of the staff that the resident may have interactions with during their PRI Mini Residency Program at your center.***

Resident may interact with other Pilates teachers/and physical therapists at the studio/clinic. Resident will be exposed to dental integration from a PRI assessment perspective as well as working with patients and dentists before and after the appliance has been fabricated.

- 4. Outline the areas of specialization and the areas of interest that exist.***

PRI Pilates based physical therapy, PRI assessment as well as manual and non-manual treatment based on PRI test results.

- 5. Describe the environment and setting.***

A stand-alone building which houses the physical therapy practice on one side with a fully equipped Pilates studio on the other, several private treatment rooms as well as shared PT gym/studio space. Located at the northern border of Evanston, Illinois, close to public transportation and a mile from Northwestern Campus and Lake Michigan. Patient population is diverse with a large range of ages and diagnoses.

- 6. Outline any additional PRI courses (other than the 3 PRI primary courses) that the applicant must complete prior to applying for a PRI Mini Residency Program at your center.**

Attendance of Impingement & Instability and Advanced Integration would be helpful.

- 7. Provide application deadlines/time frames, as well as up to date availability.**

Initial applicants December 15, 2021, otherwise rolling deadline.

Availability: beginning January 2022

### **PART THREE (PRI Experience & Expectations)**

- 1. How much do you use PRI in your current every day practice with patients or clients? Is it a subordinate method, or is it your primary treatment/management approach?**

PRI is the primary assessment, treatment, and management approach at Pilates Central Wellness for both Dan Houglum, PT and Donna Parise Byrne, PT.

- 2. Why are you interested in becoming a PRI Mini Residency Center?**

We are interested in becoming a PRI mini residency center because we are passionate about the science of PRI and are dedicated to the advancement of PRI in the physical therapy and wellness community. Over the course of our combined nearly 30 years of our PRI-specific experience, we have found PRI to be an invaluable tool for patient assessment and treatment. We would like to contribute our expertise in assisting those who are interested in progressing their ability to apply PRI science and concepts to a diverse patient population.

- 3. How many hours do you (and any other PRCs or PRTs employed on staff) work on a weekly basis? If it is less than full time (i.e. <32 hours per week), please outline how you would plan to keep the resident active and learning during their full time, six week, PRI Mini Residency Program.**

Dan Houglum sees clients between 25 and 30 hours a week, Monday, Wednesday and Friday. Donna Parise Byrne sees clients Monday to Friday approximately 30 hours per week. The resident would have an opportunity to observe and meet individually with Dan or Donna as well as observe and participate in Pilates sessions if interested.

- 4. What are your future goals for integration of PRI concepts within your practice/setting?**

We are continually integrating PRI concepts at Pilates Central Wellness by offering PRI courses at Pilates Central Wellness, offering Wellness workshops to the community about PRI, integrating PRI in the Pilates classes, taking advantage of PRI courses to continue to further our understanding of the science of PRI. We are working with a

dentist on an ongoing basis to promote PRI concepts in the fabrication of MOOO and MMOO appliances for our patients.

- 5. Who on staff (must be a PRC or PRT credentialed professional) will oversee the resident during their time at the PRI Mini Residency Center? Which other healthcare or movement professionals on staff have taken at least 3 PRI courses and would be interested in having the resident spend time with them during their six-week mini residency program?**

Donna Parise Byrne, PT, PRC and Dan Houglum, MSPT, PRC will oversee the resident during their time at Pilates Central Wellness.

- 6. Have you ever had any college or graduate students complete a clinical rotation or internship at your facility? If so, please express how that experience has been, and how you feel this would be similar or different from student clinical rotations or internships that were completed at your clinic?**

We have not had any student complete a clinical rotation at Pilates Central Wellness.

- 7. Besides utilizing PRI as an assessment/treatment approach, what other PT or sports/performance-related interventions (i.e. Graston, Schroth, Dry Needling, FMS/SFMA, DNS, etc.) do you use in your practice or setting on a regular basis?**

PRI is our primary assessment, intervention, and management strategy; Donna also incorporates Pilates in her treatment sessions.

- 8. What is your process for determining if/when someone needs interdisciplinary integration care, or referral to another practitioner for evaluation consultation?**

We assess TMCC patterning as well as observe facial asymmetry during our initial session to give us an idea of what to expect during the course of treatment. We also look at tooth position to give us an idea for the presence of cross-bites, occlusion, and if the patient has missing teeth. As of yet, we do not have patients specifically seek our services out for specific oral, airway, tongue, visual, or occlusal issues. As a result, we use the PRI tools at our disposal to help the patient manage airway oscillation. When we have used all the PRI “tools in our toolbox” and the client is not progressing as expected (as determined by PRI testing), we will refer out for interdisciplinary intervention for a MOOO or MMOO, or for further diagnostics.

- 9. Do you currently integrate PRI with foot orthotics/footwear or collaborate with an optometrist or dentist in your area? If so, in what ways are these other disciplines integrated within your practice? Please include the names of any interdisciplinary professionals that you collaborate with on a regular basis. If you do not integrate with any other disciplines, please outline how you manage patients or clients who are not**

***progressing with a traditional PRI program (i.e. do you refer on to another PRI clinician who does integrate)?***

We frequently make impressions for PRI orthotics through Dr. Coffin. We are collaborating with a dentist in the area, Dr. Cristian Pavel, and we meet with him on a semi-regular basis. We are beginning to refer some patients to him for dental integration, MOOO fabrication, and EMA fitting. We do not currently work with an optometrist.

***10. What are your expectations of the mini resident?***

We expect the resident to be respectful of clients and staff, eager to learn, and ask intelligent questions. We would like the residency to be as interactive as possible. Our expectation is that the resident be passionate and motivated about improving their knowledge and application of PRI concepts. Our expectation is that the resident comes to us with many questions regarding PRI testing, manual techniques, and non-manual techniques. Our expectation is that the resident drives their residency experience by being proactive and take initiative in their own learning experience.