

Specialty Training for Physical Therapists

These are post-graduate courses in the art/skill of Proprioceptive Neuromuscular Facilitation (PNF), as developed by Herman Kabat, MD, and Margaret Knott, PT. These programs, under the direction of Timothy G. Josten, PT, IPNFAI, are open to enrollees in two categories.

3 Month Program (Tuition-paying Participation)

The therapist is in training for 3 months. Classes are held 8 hours daily, Monday through Friday, with 2 working Saturdays. Tuition is \$150, payable on arrival. Some furnished housing is available for \$100 per month. These apartments are double occupancy only. Each apartment accommodates 4 participants (2 bedrooms-2 persons/room).

Tuition-paying participants must show proof of own coverage for accident and medical health care insurance for traveling and for the duration of their assigned course. The US government also requires that each participant bring a minimum of \$1500 to cover expenses and emergency return travel costs.

6 Month Program (Trainee Participation)

A 6 month commitment. The therapist is in the same training as the tuition-paying participant for the first 3 months immediately followed by another 3 months of hands-on practical experience delivering direct patient care.

Trainee participants receive a small monthly stipend of \$1033. (American participants are subject to tax, disability, and social security deductions. Foreign-trained participants are subject to disability insurance deductions only.) Trainee participants receive free basic health care benefits (medical only; no dental or optical), but must purchase and show proof of traveling insurance. The US government also requires that

each participant bring a minimum of \$1500 to cover expenses and emergency return travel costs. All classes begin on or about the first working day of January, April, July, or October. A waiting list of enrollees usually fills courses 3 to 5 years in advance.

*Tuition and housing fees may change at any time without notice.

**Curriculae are IPNFA approved programs.

Eligibility

US Applicants

- Must be a graduate of an approved physical therapy school in the US
- Documentation Requirements: graduation certificate, current license to practice physical therapy, original social security card, driver's license or passport (picture ID), and resumé
- \$75 registration fee

Please note the cancellation box on the registration form and indicate if you would like to be placed on the waiting list. We have frequent cancellations for the 3 month program, and applicants on the cancellation list move up quickly to earlier course dates.

Foreign Applicants

- Must be a graduate of an approved physical therapy curriculum
- 2 years of clinical experience beyond physical therapy school graduation and required internships
- Proof of proficiency in English (read, speak, write, understand; original TOEFL scores and scoring keys)
- Signed physician statement that the applicant is free from any physical or sensory deficit that would limit performance in the practice of rehabilitation physical therapy
- Evidence of travel, health, and accident insurance coverage to/from the US (and for tuition-paying participants, evidence of this same insurance coverage for the duration of the program)
- Signed statement of intent to return to his/her own country following this program's completion

Information regarding the Exchange Visitor Program (visa procurement) for entry into the US will be provided by this office upon enrollment acceptance.

Curriculum

The 3 month program includes 4 - 6½ hours of classroom instruction with individual feedback and 1½ - 4 hours of patient treatment daily, 5 days a week. This course covers techniques of Proprioceptive Neuromuscular Facilitation and other rehabilitation procedures as they apply to individualized therapeutic exercise programs, gymnasium activities, mat programs and ambulation. Most of this facility's patient population are adult and neurologically involved.

These courses also include medical lectures and daily supervised practice with fellow students.

The 6 month program encompasses the 3 month course for the first half and is then immediately followed by active participation on a rehab team, delivering 7 hours daily of supervised direct patient care. A classroom setting is provided for 1 hour daily to review practice styles, learn more sophisticated PNF skills, and to problem solve individual patient issues.

All participants need to bring a bathing suit, shorts, and halter tops for women.

Uniforms

Participants must furnish their own clothing. Participants and staff are required to wear navy blue slacks and white shirts to work. Slacks must be full length and have loose pant legs. Men's undershirts or tee-shirts are not acceptable. A closed toe shoe is required for safety. Tennis shoes are acceptable if clean and neat.

Approximate cost of the above items:

Slacks: \$20-\$25; white shirt: \$15-\$20; shoes: \$15-\$30.

Living Accommodations

Some furnished, double-occupancy rooms* are available 1 block from the hospital. Your room will be available to you at noon 1 day prior to the beginning date of the course. The cost for participants is \$100

Registration Form

I wish to apply for the following course in the Physical Therapy Post-Graduate training program at Kaiser Foundation Rehabilitation Center.

(Check one) 6-month traineeship 3-month student course (check) male female

Please print or type:

Name: _____

Address: _____

FIRST

LAST

Birth date: _____

Birthplace: _____

Date: _____ / _____ / _____
month / day / year

Country (if foreign applicant): _____

Present position: _____

Previous training (mention degrees or certificates held): _____

Name of Physical Therapy Association of which you are a member: _____

If a cancellation occurs, I would like to be added to a waiting list.

Home telephone number: _____

Business: _____



submitted. This fee is to defray secretarial costs for postage, correspondence, and tracking individual applications.

Mail Registration Form To:

Patricia Banks
PNF Curriculums Coordinator
Kaiser Foundation Rehabilitation Center
975 Sereno Drive, 3rd floor
Vallejo, California 94589
USA



per month. These accommodations are for course participants only. There is no housing available for family or friends.

Included: fully furnished apartment includes TV, VCR, individual study desk; microwave oven; all linens (including sheets and towels); a fully supplied communal kitchen; communal coin-operated laundry; ironing board and iron; and barbeque.

Not included: individual board and maintenance of apartment. Electrical converters for European appliances are not available. No pets are allowed.

*All bedrooms are 2 persons/room

Address and Telephone Numbers

During your participation in the course, your address will be:

(Your name), PT
c/o KFRC/PNF School
975 Sereno Drive, 3rd floor
Vallejo, California 94589
USA

The emergency telephone number from 8 a.m. to 5 p.m. is (707) 651-2204.

Apartments are assigned individual telephone numbers. You will be notified of your apartment address and its corresponding telephone number upon your arrival. Telephones are restricted from long distance calls. For your convenience, it is suggested that you use calling cards or call collect.

Location/Transportation

Vallejo is located approximately 40 miles from the San Francisco International Airport at the northeast corner of San Francisco Bay. The Rehabilitation Center is 3 miles from the center of downtown Vallejo. The curriculum apartments are directly across the street from the hospital. Bus service is available to/from the International

Airport and to/from Vallejo proper for hospital accessibility (schedules and costs are available upon request).

Rehabilitation Center

Kaiser Foundation Rehabilitation Center occupies the 3rd floor of Vallejo's Kaiser Foundation Hospital. Our Rehabilitation Center is organized as a comprehensive physical rehabilitation unit for the purpose of providing an integrated, multi-disciplinary team approach to maximize functional self-sufficiency in physical, cognitive, orthopedic and/or sensory perceptual impairment.

Most of this facility's patient population are adult and neurologically involved. The therapy program is an intense effort by the staff to communicate and focus on cross-disciplinary goals that reflect individual patient assessment and prognosis. These goals are measurable and described in functional terms including time frames for achievement and follow-up for future continuity of care.

Registration

A registration form is provided in this brochure. Each class is limited to 12 participants. Upon receipt of the attached registration form, this office will forward information on completing the final requisites for enrollment. Participants are accepted in order of receipt of their completed application/documentation materials. **A non-refundable \$75 processing fee is due when the attached registration is**

*Proprioceptive
Neuromuscular
Facilitation
Philosophy & Techniques*

*KAISER FOUNDATION
REHABILITATION CENTER
VALLEJO, CALIFORNIA, USA*



VALLEJO MEDICAL CENTER