

PNF 5 Advanced Course

Course Outline and Objectives

PNF 5 represents the **6th** week of course instruction. It is the **final** course of the therapeutic IPNFA course curriculum. It contains a minimum of 37 hours (60 minutes) of instruction.

At the end of the course all participants receive a written evaluation from the instructor and upon successful completion, an “IPNFA certified PNF Therapist” diploma.

1. Contents

1. 1. Advanced PNF-skills

PNF 5 is an advanced course. This includes some necessary repetition of the contents of previous courses on a higher level as well as advanced variations of PNF skills:

- Adequate combination of all basic procedures
- Adequate selection and combinations of techniques
- Variations and combinations of different patterns in more difficult positions as in prone, side lying, sitting, standing etc.
- Arm pattern variations, including all bilaterals and thrust variations
- Leg pattern variations. All bilateral leg variations.
- Neck patterns with different positions and techniques
- Trunk in different variations, including combinations of upper and lower extremities.
- Advanced mat activities in closed and open chains, including mobile base of support, with all techniques. Integration of motor learning principles.
- Advanced gait training with different gait disorders and spasticity.
- Advanced facilitation of vital functions
- PNF with functional and goal orientated tasks, adapted to real life situations, including demonstrations of dual tasks .
- Stimulation of more task orientated thinking and planning

1. 2. Problem solving

Study and treatment of patients with complex activity limitations including clinical reasoning regarding causal impairments of trunk, upper and lower extremities. This will be done in case studies as well as in patient treatment.

The causal impairments include, among others, weakness, limited range of movement, reduced stability, tone problems like spasticity, rigor or flaccidity, pain, co-ordination problems, balance problems, motor planning problems, decreased perception and cognition. ...

The underlying diagnoses are from different clinical fields like neurology, orthopaedics, traumatology

2. Assessment of Participants

At the end of the course it is expected that the course members

- show profound knowledge of
 1. PNF literature
 2. PNF definitions, philosophy and principles including irradiation
 3. PNF basic procedures (grip, traction/approximation etc.) and their effect in therapy
 4. PNF Techniques
- show familiarity in
 1. gait analysis
 2. clinical reasoning
 3. ICF
 4. Motor learning and Motor Control principles
- are able to discuss PNF related matters
- demonstrate superior PNF-skills
 - all patterns and combinations of patterns with the variations of the middle joints (including extremities, bilaterals, neck, trunk, scapula/pelvis).
 - all techniques including combinations of techniques
 - gait and other functional activities
 - vital functions and facial rehabilitation
 - application of irradiation as indirect treatment tool
 - adaptation of PNF tools (patterns techniques) to a specific clinical situation
- show proficiency in appropriate clinical application of PNF in problem solving and treatment planning:
 - produce an adequate assessment and treatment plan in a timely manner
 - distinguish between relevant major and minor problems or goals
 - explain clinical reasoning from assessment to the treatment plan using the ICF-classification
 - select appropriate starting positions, patterns and techniques
 - demonstrate the positive approach during treatment, based on patients goals and wishes
 - demonstrate a PNF-treatment.
 - Incorporate relevant tests for activity limitation and causal impairment
 - Is able to adapt his/her PNF-Treatment to the progress of the patient

3. Testing procedure

Before the course the participants will be asked to do following tasks:

- video recording of a patient treatment
- written case study
- presentation of a PNF relevant clinical problem (optional)

The assessment of the participants is based on following procedure.

- written test
- 10 - 15 minutes patient demonstration during the course
- 20 minutes practical test on PNF-skills and problem solving abilities

All tests must be 80% correct

The case study and video recording of a patient treatment (pre-tasks) may be included for the final evaluation of the participant.

4. Subsequent Instructor Training

In order to proceed to the instructor training a recommendation “ready for Assistantship Qualification Course“ is mandatory. The supervising instructors will select the participants which will get this recommendation.

It will be only given after the PNF5 course when the candidates demonstrate

- excellent performance of PNF-skills
- excellent clinical application of PNF
- excellent general knowledge, for example in anatomy, physiology, clinical reasoning, motor learning and motor control theories, gait ,analysis throughout the preset tasks, during the course work and in the testing procedures.

He/she also must demonstrate social competencies, the ability to work in a team as well as the potential to teach others.