



# Kaiser Foundation Rehabilitation Center PNF Program

## PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF): SPECIALTY TRAINING FOR PHYSICAL THERAPISTS

Kaiser Foundation Rehabilitation Center, Vallejo, the birthplace of PNF, offers specialty training in the art and skill of Proprioceptive Neuromuscular Facilitation (PNF), as developed by Herman Kabat, MD, and Margaret Knott, PT. This training program, under the direction of Wyatt H Smith, PT, DPT, NCS, is open to licensed Physical Therapists in three categories.

### **PROGRAM DESCRIPTION:**

#### **3-MONTH TRAINING COURSE**

The 3-month course includes 4-7 hours of daily didactic/lab instruction with individual feedback and 1<sup>1</sup>/<sub>2</sub>-4 hours of supervised patient treatment, 5 days per week, plus 4 working Saturdays or Sundays. Participants learn the philosophy, principles, and techniques of PNF and other rehabilitation procedures for individualized therapeutic exercise, functional activities, group classes and ambulation. Daily supervised practice with fellow participants and application with primarily neurological patients are an integral part of the course. The course includes additional lectures on topics relevant to the rehabilitation process. Upon successful completion, participants will be granted **IPNFA® Level 3b/4a status**.

#### **6-MONTH TRAINING COURSE**

The 6-month course involves an additional 3 months of training following successful completion of the 3-month course. Participants receive hands-on practical experience delivering patient care as an integral member of a rehabilitation team. They perform 4-5 hours of supervised primarily neurological patient care, 5 days per week, plus occasional working Saturdays, or Sundays. Staff PT's and instructors provide individualized mentoring of residents on their rehab team. The course includes 1 hour per day of didactic/lab instruction in advanced PNF applications for neurological and orthopedic evaluation, movement analysis, treatment planning, treatment, and problem-solving. Upon successful completion of the 6-month course, participants will be granted **IPNFA® Level 4b status**.

#### **9-MONTH TRAINING COURSE**

The 9-month course is an additional 3 months of training following the successful completion of the 6-month course. Participants perform 4-5 hours of supervised patient care, 5 days per week, plus occasional working Saturdays, or Sundays. They are integral members of a rehabilitation team and receive individualized mentoring by staff PT's and instructors. The course includes 1 hour per day of individualized didactic/lab instruction in advanced PNF applications for neurological and orthopedic evaluation, movement analysis, treatment planning, treatment, and problem-solving. Additionally, participants perform a patient demonstration. Upon successful completion of the 9-month course, participants may be granted **IPNFA® Level 5** and **International PNF Association Certified PNF Therapist status**.



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## ELIGIBILITY AND REQUIREMENTS

- Participants must be a graduate or student intern of an approved physical therapy program or have PTLA status with appropriate documentation
- Participants must be physically capable of completing job requirements of a therapist working in a rehab setting as they will be required to pass a physical exam during their pre-employment health screen to determine if they are eligible. Contact us with questions if there are any concerns regarding your ability to physically participate.
- Documentation Requirements: graduation certificate or, for PT student interns, letter of intent to graduate from PT School; current license to practice physical therapy (or physical therapy license applicant/student status with appropriate documentation); original social security card or birth certificate; driver's license or passport (picture ID); résumé and 2 letters of recommendation.
- Evidence of health insurance for the first month of the course

### \*\*\*\*FOREIGN-TRAINED PHYSICAL THERAPISTS\*\*\*\*

- Must have immigration status that allows unrestricted employment in the United States
- **Kaiser will not be a visa sponsor.**

### FOREIGN-TRAINED APPLICANTS MEETING ABOVE CRITERIA:

- Please contact the PNF office for participation eligibility and requirements

## FEES/BENEFITS\*

### PROGRAM FEES

A refundable \$300 registration fee is due when registration is submitted. This fee is refunded after completion of the first 30 days of the course. **Fee is waived for Student Physical Therapists.**

Participants receive pay at the rate of \$23/hour for a 40-hour week.

### BENEFITS

Participants receive basic health care benefits but must show evidence of health and accident insurance for the first month of the course.

**\*Program fees may change at any time without notice.**

## LIVING ACCOMMODATIONS

Course participants are responsible for their own housing.

**For more information, please contact:**

Debbi Bowen, PNF Program Coordinator

(707) 651-2204

[Debbi.C.Bowen@kp.org](mailto:Debbi.C.Bowen@kp.org)



# Kaiser Foundation Rehabilitation Center PNF Program

## THE KAISER FOUNDATION REHABILITATION CENTER

The Kaiser Foundation Rehabilitation Center occupies the 3<sup>rd</sup> floor of the Kaiser Medical Center in Vallejo, California. Our Center's comprehensive rehabilitation services provide an integrated, multidisciplinary team approach to maximize the capacity of the whole person in function, communication, cognition, and participation in life. Most of this facility's patient population is adult and neurologically involved. The rehabilitation program is designed to evaluate, educate, and train patients and their families to optimize their potential.

## LOCATION

Vallejo is located approximately 40 miles from San Francisco International Airport at the northeast corner of the San Francisco Bay Area. The Rehabilitation Center is 3 miles from the center of downtown Vallejo.

## DRESS CODE

During your participation in the PNF Program, you will be required to wear navy blue dress pants and a solid-colored white or navy-blue shirt (polo shirts recommended). Navy blue professional scrubs are also acceptable.

Clothing must be clean, neat, professional, and appropriate for providing patient care in a hospital setting. Dress pants must be full length and allow ease of movement. (Jeans, sweatpants, and yoga pants are not acceptable). Closed toe shoes and closed heels are required per hospital policy. Athletic shoes are acceptable if clean and neat.

## REGISTRATION

Each new course is limited to 12 participants. Upon receipt of the attached registration form, this office will forward information on completing requisites for PNF Program consideration.

Participants are accepted in order of receipt of their completed application/documentation materials.

To offset processing expenses, a refundable \$300 registration fee is due when the attached registration is submitted. This fee is refunded after completion of the first 30 days of the course.

**Fee is waived for Student Physical Therapists.**

All courses begin on or about the second week of January, April, July, and October.

## **MAIL REGISTRATION FORM TO:**

PNF Program Coordinator  
PNF Program – 3<sup>rd</sup> floor  
Kaiser Foundation Rehabilitation Center  
975 Sereno Drive  
Vallejo, CA 94589  
USA

For more information, please contact:

Debbi Bowen, PNF Program Coordinator  
(707) 651-2204

[Debbi.C.Bowen@kp.org](mailto:Debbi.C.Bowen@kp.org)



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## REGISTRATION FORM

I wish to apply for the following course in the Physical Therapy Proprioceptive Neuromuscular Facilitation Program at Kaiser Foundation Rehabilitation Center.

Check one:  3-month course  6-month course  9-month course

Check:  Male  Female

Check:  This is a PT School Affiliation/Internship

Anticipated Due Dates for CPIs or PT School Evaluation:

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Please type or print:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone number:

Cell: \_\_\_\_\_

Home: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Present position: \_\_\_\_\_

Previous training (degrees, certificates): \_\_\_\_\_

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