

## Course Dates & Locations

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Call 1-800-300-5512 or Go online to register:

[www.healthclick.com](http://www.healthclick.com) and Select [Registration](#) from the main menu. Search by course name for more info & course dates.

Certificates of attendance for CEU verification are provided after successful completion of the course.

This course is 15 contact hours/1.5 ceu's

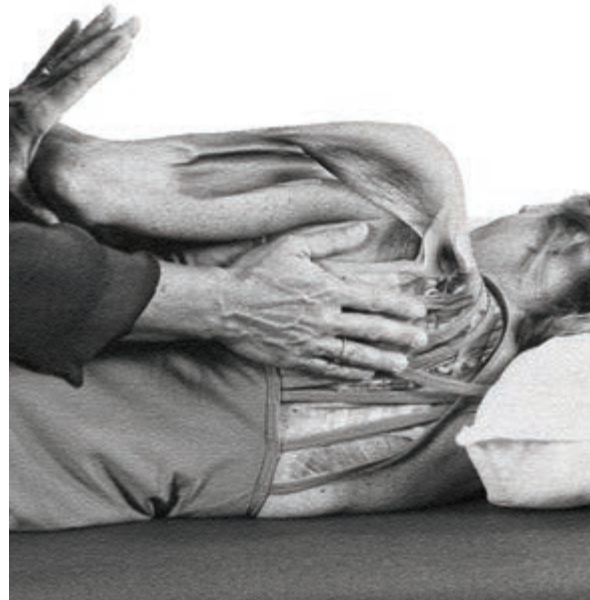
This course is 18 contact hours/1.8 ceu's for therapists licensed in Illinois, New York, or the District of Columbia

BOC Provider #P2047 | IL PT Provider # 216000074

CA # PTNAS-2018.75 | AOTA Provider #4487

This course will benefit physical therapists, physical therapy assistants, occupational therapists, occupational therapy assistants, athletic trainers and rehab nurses. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Delaware, District of Columbia, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington, Wisconsin, and Wyoming. This course has been approved by the Nevada Board of Physical Therapy Examiners for 1.5 units. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15 Hrs and 1.5 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval # PTNAS-2018.75. The California Physical Therapy Board has approved North American Seminars, Inc. as an approval agency to approve providers offering continuing competency courses. This course can be used for continuing education competency for license renewal for OT's in the State of California. NAS is approved by the IDPR to provide continuing education for physical therapists licensed in the state of Illinois. IL PT Provider #216000074. This course meets the ceu requirements set forth by the PAPT Board, call for approval number. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 ccu's, 15 Category-1 PDA units. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu's. Approval period: 7/1/2016-6/30/2019. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New York, North Carolina, North Dakota, Ohio, Oregon, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider #P2047**, Category A. Call for BOC evidence-based status.

# Functional Mobility Through Manual Facilitation



Presented by  
**Cathy Finch, PT**

PT, OT, PTA, and AT -  
Continuing Education Course

**North American Seminars, Inc.**  
**1-800-300-5512 | Fax 1-800-310-5920**  
**www.healthclick.com**

## Day One

7:30	8:00	<b>Registration</b>
8:00	10:00	<b>Lecture: Introduction/Review of PNF</b> <ul style="list-style-type: none"><li>History, Philosophy and Basic Principles of PNF</li><li>Evidence Based Practice studies</li><li>Introduction to Assessment/Treatment Framework</li></ul>
10:00	10:15	<b>Break</b>
10:15	10:45	<b>Group Discussion: Identification and Analysis of Common Exercises/Stretches</b> <ul style="list-style-type: none"><li>Identification of therapeutic exercises and stretching techniques used for pre-gait treatment</li><li>Identification of potential contributors to abnormal movement</li></ul>
10:45	11:30	<b>Lab: Specificity of Exercise/power of Irradiation</b> <ul style="list-style-type: none"><li>Evidence Based Practice studies</li><li>Explore patterns of irradiation</li><li>Integration of PNF principles/facilitation to commonly performed activities</li><li>Progression of exercise and generation of HEP activities</li></ul>
11:30	12:00	<b>Lab: Motion Analyses of Bed Mobility and Supine to Sit Transition</b> <ul style="list-style-type: none"><li>Analyze bed mobility activities including hooklying, hip abduction/adduction, and lower trunk rotation and bridging</li><li>Identify methods used for supine to sit transition and discuss the role of stability and mobility through transitional movements</li></ul>
12:00	1:00	<b>Lunch ( on your own)</b>
1:00	2:30	<b>Lab: Trunk Mobility Through use of Scapular Patterns and Pelvic Patterns</b> <ul style="list-style-type: none"><li>Individual trunk patterns</li><li>Correlation of patterns to extremity patterns and functional mobility</li><li>PNF techniques - rhythmic initiation and replication</li><li>Evidence Based Practice studies</li></ul>
2:30	3:30	<b>Lab: Combination of Patterns for Functional Mobility of the Trunk</b> <ul style="list-style-type: none"><li>Use of mass and reciprocal patterns to address common impairments</li><li>Integrate PNF trunk patterns with therapeutic exercise</li><li>PNF Techniques – dynamic reversals, combination of isotonic</li><li>Evidence Based Practice studies</li></ul>
3:30	3:45	<b>Break</b>
3:45	5:45	<b>Lab: Functional Mobility of Upper Extremities and Lower Extremities</b> <ul style="list-style-type: none"><li>Individual patterns and patterns in combination</li><li>Positions to modify challenge – side lying, supine, sitting, standing</li><li>Facilitation of extremities for transition from side lying to sit</li><li>Progression of treatment and HEP instruction</li></ul>
5:45	6:00	<b>Review and Questions/Answers</b>

## Day Two

8:00	8:30	<b>Lecture/Lab: Review Day 1</b> <ul style="list-style-type: none"><li>Review of trunk and extremity patterns</li><li>Review of techniques</li></ul>
8:30	9:00	<b>Lecture/Lab: Techniques to Improve Range of Motion</b> <ul style="list-style-type: none"><li>Techniques – contract relax, hold relax</li><li>Joint Mobilization</li><li>Evidence Based Practice Studies</li></ul>
9:00	9:30	<b>Lab: Motion analysis of mobility in Sitting and Sit to Stand</b> <ul style="list-style-type: none"><li>Analyze sitting mobility activities including pelvic rock and weight shifting</li><li>Identify methods used for sit to stand transition and discuss the role of stability and mobility through transitional movements</li></ul>
9:30	10:00	<b>Lab: Application of PNF Basic Principles to Transitional Movements</b> <ul style="list-style-type: none"><li>Identify common impairments noted in sitting mobility and sit to stand transition and prioritize impairments</li><li>Develop treatment interventions utilizing PNF to address deficits noted</li><li>Progression of treatment and HEP instruction</li></ul>
10:00	10:15	<b>Break</b>
10:15	12:00	<b>Lab: Facilitating Stability and Mobility in Sitting</b> <ul style="list-style-type: none"><li>Technique – stabilizing reversals</li><li>Facilitation to trunk, extremities for stability and mobility in sitting including pelvic rock and weight shifting</li></ul>
12:00	1:00	<b>Lunch</b>
1:00	2:00	<b>Lab: Facilitating Transition to Sit to Stand and Creating Stability in Standing</b> <ul style="list-style-type: none"><li>Techniques – stabilizing reversals (review) standing approximation</li><li>Facilitation to trunk and extremities for stability and mobility in sit to stand transition</li></ul>
2:30	2:45	<b>Break</b>
2:45	3:45	<b>Lab/Case Studies</b> <ul style="list-style-type: none"><li>Application of course content to patient scenarios</li><li>Develop and practice treatment ideas for functional mobility activities utilizing therapeutic exercise and PNF facilitation techniques</li><li>Identify potential limitations/barriers, prioritize impairments and, create treatment plan for given patient scenarios</li></ul>
3:45	4:00	<b>Review and Questions and Answers</b>

## About the Educator

Catherine Finch, PT, is a graduate of California State University in Fresno with dual degrees in health science and physical therapy. Her impressive credentials include extensive experience in acute rehabilitation, inpatient rehabilitation, outpatient orthopedics, and 25 years of physical therapy.

More specifically, Ms. Finch has a wealth of knowledge, training and experience in the area of Proprioceptive Neuromuscular Facilitation (PNF). She was on staff at Kaiser Foundation Rehabilitation Hospital in Vallejo, California from 1991-2001 and was an instructor in their post-graduate PNF program, a program created by Dr. Herman Kabat and Maggie Knott. During this time as an instructor in the PNF residency program, Ms. Finch not only had the privilege of working with and treating patients alongside Dr. Kabat, but she successfully met the International PNF Association (IPNFA) criteria for instructors and was recognized as an IPNFA basic and advanced instructor. Catherine has achieved additional certification in NDT for adults as well as completing courses in longterm orthopedic manual therapy utilizing the Maitland and Kaltenborn approaches.

Ms. Finch has taught numerous PNF continuing education courses throughout the United States as well as internationally in Brazil, Canada, and Japan for professional organizations. Her varied audience has included Physical and Occupational Therapists, Speech Therapists, Nurses and Chiropractors. She has served as the coordinator for PNF education at the University of California - San Francisco Physical Therapy program and has presented PNF content for DPT students at the University of El Paso and the University of Iowa. To add to this experience and training, Catherine has also authored a chapter on Proprioceptive Neuromuscular Facilitation for the second edition of the Neurologic Intervention for Physical Therapy textbook by Martin and Kessler.

Ms. Finch is currently on the faculty at Kirkwood Community College in their Physical Therapy Assistant program. As a member of the faculty, she is required and is committed to keeping up to date on changes within the physical therapy field related to reimbursement, evidence based practice and the push for outcome measures. She also serves as the ACCE for her program and is responsible for all things related to clinic placement/practice for her students. This role includes site visits and interaction with clinicians in a wide variety of settings and allows her to stay abreast of current practice trends. Along with her faculty position, Ms. Finch provides consulting services related to PNF to local clinicians.



## Why You Should Attend This Course

The application of PNF facilitation techniques enhance muscular activation directly and indirectly through the principle of irradiation. Knowing how to utilize indirect, as well as, direct treatment techniques is an essential tool for all therapists, as it enhances patient engagement and improves functional movement outcomes. Clinicians and patients see immediate results which encourages them to build upon the gains they achieve during subsequent visits. The information presented in this course is applicable to a large variety of diagnoses including orthopedic, neurological, geriatric and general debilitated patients. While the course content is applicable to all treatment settings, it is especially useful for acute care, skilled nursing and home bound patients.

This advanced level two day course provides the therapist with evidence based information that supports the concepts of PNF to enhance functional mobility. The course is highly interactive and consists primarily of hands on training, which enables the participant the opportunity for adequate practice time with instructor feedback.

The course targets analysis of movement and the role of critical thinking in the implementation of specific treatment interventions. The concepts of utilizing specificity of training and identifying how activation of muscles can be captured in stronger parts of the body to overflow into movement patterns in the weaker parts of the body is explored through course content. The benefit of an indirect method of treatment and its utilization in initiating synchronized control for functional mobility is addressed within lecture and lab sessions.

Patient scenarios and video analysis of functional mobility activities are used to identify impairments for neurological and orthopedic patient diagnoses. Analysis of dysfunctional movement patterns and the implication on mobility is addressed as well as prioritization of which impairment is having the greatest effect on function. Through the use of case studies and course discussion the clinician will be able to translate assessment findings into specific targeted treatment interventions and develop comprehensive progressive manual therapy and exercise based programs to obtain the desired functional outcomes. Over the two days, clinicians will review therapeutic exercise, specific PNF patterns and facilitation techniques and integrate these into patient exercise program to progress the patient through bed mobility activities and transitional movement which will better prepare the patient for success in upright activities.

The concepts and techniques presented in this course will provide PT's OT's PTA's COTA's, AT's with the information and skills needed to treat the functional mobility needs of their patients in all therapy settings. The theories and facilitation techniques learned in this course can be immediately applied and participants will have the tools necessary to integrate concepts presented in this course into clinical practice. Clinicians will be provided with course handouts and resources which can serve as reference material upon completion of the course.

## Course Objectives

Upon completion of this course, participants will be able to:

- Describe the basic principles and philosophy of PNF
- Recognize common problems in mobility seen in patient populations, analyze dysfunctional movement patterns and discuss their implication on functional mobility as well as prioritize which impairment is having the greatest effect on function.
- Utilize critical thinking and principles of specificity of exercise to implement specific of treatment interventions and to progress patient treatment using manual facilitation and exercise.
- Identify and utilize indirect as well as direct treatment techniques in the provision of patient care.
- Discuss the benefit of an indirect method of treatment and its utilization in initiating synchronized control for functional mobility.
- Translate assessment findings into specific targeted treatment interventions and develop comprehensive progressive manual therapy and exercise based programs to obtain desired functional outcomes.
- Identify and perform specific PNF patterns and techniques to address mobility issues to enhance patient performance.
- Integrate PNF principles and facilitation techniques with therapeutic exercise to design HEP activities for patients with a variety of diagnoses.
- Discuss evidence based practice with colleagues.

**Registration Form**

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**Functional Mobility**



Send tuition to: North American Seminars, Inc.  
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Home \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Credit Card \_\_\_\_\_

Exp.date \_\_\_\_\_ Phone (required) \_\_\_\_\_

e-mail (required) \_\_\_\_\_

Location of attendance \_\_\_\_\_

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.