



PNF 3 Advanced course

**Proprioceptive Neuromuscular Facilitation by Sakis Adamidis PT, PhD,
IPNFA adv. Instructor**

Course Program

Day 1 ASSESSMENT & CLINICAL REASONING

08.30-09.30	Introduction: General aspects of the PNF concept
09.30-10.30	ICF and clinical reasoning in the PNF concept
10.30-10.45	Coffee break
11.15-12.45	Clinimetrics (analysis of the basic clinical tests used in the PNF concept)
12.45-13.45	Lunch Break
13.45-15.30	Patient demonstration by the teacher based on clinical reasoning and clinical assessment
15.30-15.45	Coffee break
15.45-17.30	Basic facilitation techniques (transferring, sit to stand, gait) combining different PNF techniques

Day 2 NEUROLOGICAL CONDITIONS

08.30-09.45	Upper Motor Neuro Lesion Syndrome/ postural control
9.45-10.00	Coffee break
10.00-11.15	Patient treatment by course members
11.15-11.45	Patient demonstration by course members
11.45-12.45	Trunk patterns (chopping, lifting, lower trunk patterns) combining different PNF techniques
12.45-13.45	Lunch Break

14.15-15.30 Bilateral arm and leg patterns, patterns from different positions (side lying, prone, sitting)

15.30-15.45 Coffee break

15.45-17.30 Mat activities (rolling, bridging, etc) + timing for emphasis

Day 3 ORTHOPEDIC CONDITIONS

08.30-09.45 **Orthopaedic Physical therapy in contribution with PNF**

9.45-10.00 Coffee break

10.00-11.15 Patient treatment

11.15-11.45 Patient demonstration by course members

11.45 – 12.45 Relaxation techniques in combination with different PNF patterns from different positions

12.45-13.45 Lunch Break

13.45-15.45 Upper trunk: Biomechanics & pathomechanics
Description and analyse of the most common conditions (traumatic or pathological) of the upper trunk area. Treatment suggestions.

15.30-15.45 Coffee break

15.45-17.30 Lower trunk: Biomechanics & pathomechanics
Description and analyse of the most common conditions (traumatic or pathological) of the lower trunk area. Treatment suggestions.

Day 4 GAIT

08.30-09.45 **Gait analysis and clinical considerations**

9.45-10.00 Coffee break

10.00-11.15 Patient treatment

11.15-11.45 Patient demonstration by course members

11.45-12.45 Gait disorders in relation to the lower limb disorders, assessment analyse, clinical reasoning and treatment suggestions

12.45-13.45 Lunch Break

13.45-15.30	Gait disorders in relation to the lower limb disorders, assessment analyse, clinical reasoning and treatment suggestions
15.30-15.45	Coffee break
15.45-16.30	Mat activities for gait disorders
16.30-17.30	Written test

Day 5 MOTOR LEARNING

08.30-09.45	Motor learning in clinical rehabilitation
9.45-10.00	Coffee break
10.00-11.15	Patient treatment by course members
11.15-11.45	Patient demonstration by course members
11.45-12.45	Last questions, mis-understandings, objections
13.30.....	Practical test