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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

**This course is applicable for PT, PTA, OT, OTA, AT.** This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 hours, 15 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. 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. **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 AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA 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,** 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

# PNF and Beyond to Enhance Functional Gait

An Evidence Based Course  
Combining PNF, Manual Therapy,  
Exercise and Functional Activities



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**

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## Day One

7:30	8:00	<b>Registration</b>
8:00	8:45	<b>Lecture - Introduction to PNF</b> <ul style="list-style-type: none"><li>• Philosophy and basic principles</li></ul>
8:45	9:00	<b>Lecture : Introduction to Assessment/ Treatment Framework</b>
9:00	10:00	<b>Lecture/Lab/Group Discussion Motion/Gait Analysis</b> <ul style="list-style-type: none"><li>• EBP studies and video analysis of normal gait</li><li>• Identification of potential contributors to abnormal movement</li><li>• Treatment plan for pre-gait exercises/ activities</li></ul>
10:00	10:15	<b>Break</b>
10:15	10:45	<b>Lab/Group Discussion Pre-Gait Treatment Activities</b> <ul style="list-style-type: none"><li>• EBP studies</li><li>• Soft tissue and joint mobilization, stretching</li></ul>
10:45	12:00	<b>Lab/Group Discussion: Therapeutic Exercise Pre-Gait Activities</b> <ul style="list-style-type: none"><li>• EBP studies and review of principles of therapeutic exercise</li><li>• Identify common exercises and integrate PNF principles/facilitation</li><li>• Progression of exercise, use of equipment and HEP instruction</li></ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	2:15	<b>Lab: PNF Pre-Gait Activities -Scapula/ Pelvic Patterns AE and PD with the LE</b> <ul style="list-style-type: none"><li>• Individual trunk patterns; combination or trunk and PNF leg patterns</li><li>• Integrate PNF trunk patterns with therapeutic exercise</li><li>• PNF techniques, replication, rhythmic initiation</li></ul>
2:15	3:15	<b>Lab: PNF Pre-Gait Activities - Reciprocal scapula/pelvic patterns</b> <ul style="list-style-type: none"><li>• Use of 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></ul>
3:15	3:30	<b>Break</b>
3:30	4:45	<b>Lab: PNF Pre-Gait Activities – LE Patterns of Flex Add/Ext, Abd</b> <ul style="list-style-type: none"><li>• Individual patterns and patterns in combination</li><li>• Positions to modify challenge – side-lying, supine, quadruped, on stairs</li><li>• Progression of treatment, use of equipment and HEP instruction</li></ul>
4:45	5:30	<b>Lab: Standing Approximation</b> <ul style="list-style-type: none"><li>• Manual contacts, direction of force, therapist position</li></ul>
5:30	5:45	<b>Lecture: General Considerations for PNF Gait Facilitation</b> <ul style="list-style-type: none"><li>• EBP studies</li><li>• Pelvic motion during gait cycle</li></ul>
5:45	6:00	<b>Review and Question/Answers</b>

## Day One continued

8:00	8:30	<b>Lab: Gait Facilitation</b> <ul style="list-style-type: none"><li>• EBP studies</li><li>• Identify common facilitation techniques; integrate PNF principles/facilitation</li></ul>
8:30	9:15	<b>Lab: PNF Gait Facilitation - One Foot Forward/Weight Shifting</b> <ul style="list-style-type: none"><li>• Manual contacts, therapist position, levels of assist; block leg</li><li>• Weight shift on stable and unstable surfaces</li></ul>
9:15	10:00	<b>Lab: PNF Gait Facilitation - Taking a Step</b> <ul style="list-style-type: none"><li>• Improving muscle synergy for the mechanics of swing</li><li>• Manual contacts, stretch, therapist body mechanics; levels of assist, block leg</li><li>• Taking a step on variety of surfaces</li></ul>
10:00	10:15	<b>Break</b>
10:15	12:15	<b>Lab/Case Study/Group Discussion Gait Video Analysis; Neurological Patient</b> <ul style="list-style-type: none"><li>• Motion analysis, identify strengths and impairments, develop working therapy diagnosis</li><li>• Prioritize impairments for creating treatment plan and identify potential limitations/barriers</li><li>• Develop and practice treatment ideas for pre-gait and gait facilitation utilizing therapeutic exercise and PNF facilitation techniques</li><li>• Treatment progression, use of equipment and create HEP</li><li>• Application of treatment plan to patients with variety of neurologic diagnoses such as CVA, TBI, Parkinson's disease, MS etc.</li><li>• Share treatment plan with the group</li></ul>
12:15	12:45	<b>Lunch (on your own)</b>
12:45	3:00	<b>Lab/Case Study/Group Discussion – Gait Video Analysis: Orthopedic Patient</b> <ul style="list-style-type: none"><li>• Motion analysis, identify strengths and impairments, develop working therapy diagnosis</li><li>• Prioritize impairments for creating treatment plan and identify potential limitations/barriers</li><li>• Develop and practice treatment ideas for pre-gait and gait facilitation utilizing therapeutic exercise and PNF facilitation techniques</li><li>• Treatment progression, use of equipment and create HEP</li><li>• Application of treatment to plan patients with variety of orthopedic diagnoses such as arthritis, TKA/THA, deconditioning, amputee etc.</li><li>• Share treatment plan with the group</li></ul>
3:00	3:15	<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

This dynamic advanced two day course will give clinicians an opportunity to expand their “bag of tricks” for treating gait impairments by taking what they know about PNF and advancing it to the next level. The course blends the theory and application of PNF based treatments with principles of therapeutic exercise, the use of exercise equipment and manual therapy to create comprehensive gait rehab programs. The concepts and information presented in this course will provide the clinician with a systematic method to move from assessment to treatment and will enhance their hands on skills for patients with both orthopedic and neurological impairments.

Patient scenarios and video analysis of gait will be used to identify impairments for both neurological and orthopedic patient diagnoses. Analysis of dysfunctional movement patterns and the implications on gait will be addressed, as well as, prioritizing which impairment is having the greatest effect on function. Clinicians will be able to develop a working therapy diagnosis and translate their assessment findings into specific gait corrections and corroborate these with appropriate exercise interventions. Through the use of case studies and course discussion, the clinician will be able to develop a comprehensive progressive manual therapy and exercise based program to obtain the desired functional outcome.

Participants will use an assessment/treatment framework which includes motion analysis, identification of strengths and impairments, causes for impairments, treatment planning. The framework also incorporates exercise progression, utilization of commonly used exercise equipment and development of home exercise programs. Over the two days clinicians will review specific PNF patterns and facilitation techniques and integrate these into patient exercise programs to progress the patient through pre-gait activities and the gait sequence. Participants will work with case scenarios and go from assessment to developing comprehensive treatment programs for a patient with a neurological and orthopedic diagnosis.

This course is 80% lab which enables the participant the opportunity for adequate hands on practice time. The concepts and techniques presented in this course will provide Physical Therapists, Occupational Therapists, and Physical Therapist Assistants with the information and skills needed to treat the ambulatory 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.
- Analyze gait abnormalities utilizing an assessment/treatment framework, prioritize impairment and develop comprehensive treatment programs for patients with neurological and orthopedic problems.
- Recognize problems in mobility seen in patient populations, select appropriate activity/techniques to address problems and progress patient treatment using manual facilitation and exercise equipment.
- Perform activities/techniques to facilitate pre-gait, and gait activities for all levels of patients including soft tissue manual therapy, joint mobility, muscle strength and range of motion activities.
- Identify the PNF trunk and lower extremity patterns and demonstrate how to utilize and combine the patterns to address gait dysfunction.
- Identify and perform specific PNF techniques to address the initiation of movement, stability, mobility, and coordination during gait.
- Integrate PNF principles and facilitation techniques with therapeutic exercise, the use of exercise equipment and design HEP activities for patients.
- Discuss with colleagues evidence based practice ideas.

## Registration Form

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## PNF and Beyond



Send tuition to: North American Seminars, Inc.  
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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.

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