

"I attended the Yorkshire ACPIN The **Walking Wounded** course taught by Pam recently.

The course provided an invaluable range of treatment principals to add to your toolkit including the Primitive Reflex concept. For anyone with neurological patients who present with high level balance deficits, Pam provided excellent teaching of a comprehensive range of high level treatment options.

The group size was perfect, enabling plenty of opportunity to practice and embed the options. We were also provided with a comprehensive work book and the opportunity to log into the on-line resources available on Pam's website. Highly recommended!"
- *Claire Arditto* (Physiotherapist)

'I attended Pam's **PNF** course last summer and the **Walking Wounded** course this month. Both courses have provided me with excellent assessment and treatment techniques which I've been able to use straight away. They have immediately enhanced my repertoire of treatment skills and made a real difference to my patients. Pam's style of teaching is very interactive and easy to follow, and the follow up newsletters and videos of techniques used on the course are invaluable.' *Sarah Watson* (Physiotherapist)

I recently attended the **Rehab Principles and Facilitation for Physio's and OT's**. When reading the course content I was confident I could already do all the content listed, but thought it might have provided a useful refresher. However, there was so much to learn. Pam explores each section in detail, both theory and practical. This provided lots of useful techniques, hints and tips, and even as she is teaching, you are already applying it to your patients.

Pam provided useful tools for both assessment and treatment for common problems, which are applicable to all fields of physiotherapy and OT. There was ample time to practice the practical techniques and we were provided with an in-depth workbook and also access to videos which can be viewed at a later date.

Pam teaches in a friendly and easy to understand way and is open to questions throughout the sessions. I'm sure my colleagues are already sick of me telling them 'when we were on the course we did....' but it has demonstrated results for our patients. All therapists should consider attending regardless of experience, as there is so much depth, there is potential to enhance anyone's skills. (*Liz Craven senior physiotherapist*)

I found Pam's **PNF** course really practical and applicable to my job. I liked being able to ask patient specific questions, and get answers! A really useful course for every Physiotherapist.

The follow up packages that come with Pam's course act as excellent refreshers. I feel guilty if I don't try them out. *Helene Whitaker* (MSK physiotherapist)

Yorkshire ACPIN recently ran the One Day Introduction to **PNF** workshop, led by Pam Bagot. It was extremely successful and Pam was an excellent trainer. She explained the theory and techniques effectively and gave great feedback on participants handling skills and delivery of the patterns. The feedback from the attendees was very positive, with all participants stating that they would recommend this course to their colleagues. We will seek to run this course again as it was 'incredibly popular'. *Vicky Makin* (ACPIN committee)

As a paediatric physiotherapist I feel it is extremely important to have a large number of techniques to use with my clients. I feel this ensures I constantly question my assessments and treatment approaches. I attended the **PNF** course Pam ran and was extremely impressed by the quality of training. Pam ensured all participants were comfortable to ask questions and clarify points which came up. The course had a good mix of theory to practice which enabled us all to feel the technique as a therapist and client! and the course booklet is very comprehensive.

My only concern was whether I would remember the techniques but Pam has covered this by the excellent follow up videos and prompts via her web site. I have continued to use the techniques and have had positive outcomes with my clients and am hoping to attend follow up courses. *Sarah Hilton-Bailey* (Paediatric Physiotherapist)

"I recently attended a one-day **PNF** course, tutored by Pam Bagot, as part of my continuous professional learning and development. The course was practically based, focusing on: upper limb; lower limb; scapular; and pelvic patterns, whereby theory embedded throughout.

The course was organised and well-structured. There were notes provided at the beginning of the course and supportive material has been provided on an ongoing basis to date.

There was plenty of opportunity to seek clarification or question a pattern's purpose relative to functional movement or activities. Pam provided clinical examples with numerous pathologies and population groups to enable the course attendees to gain

Workshop testimonials

a better understanding. It became quickly evident from Pam's faultless presentation that she is a highly experienced and passionate physiotherapist.

Having attended other courses in the past, at times content is not always easy to apply clinically, however this was certainly not the case with the content on the course! I have used the newly learned techniques in clinical settings with patients and am beginning to see encouraging result. I would not hesitate attending further courses lead by Pam and would encourage others to do so. " *Liz Mount MSc. physiotherapist*