

Introduction and Intermediate PNF workshop

Dates: 7 & 14 May 2016



Please give frank answers to help us improve our CPD. Thank You!

How useful was the course? (Please circle your answer)

Very Useful 9 Useful 0 Neutral 0 Of little use 0 Of no use 0

To what extent has the study day met your expectations? (Please circle your answer)

Exceeded 9 Satisfactory 0 Not met 0

What was good about the learning? List the 3 best things about the learning

Different patterns of movement broken down and put together for functional movements. Case studies helped at the end to start thinking how I would incorporate PNF in rehab program.

Able to use straight away with patients. Practical. Hands on and relevant for any patient.

Great educator—clear, definite teaching style. All relevant content, clear demonstration of how to transfer into function. Nice and hands on.

New ideas of treatment methods. New approach for treatment. Working with other professionals and learning from each other.

Good explanation and case studies. Enough time to practice. Examples on how to apply it to practice.

Practical elements. Ideas for future implementation. Fun; only a little theory.

Good over 2 days, I would not have had much practice of 'hands on' over 1 day so sufficient time. Enough time to practice. Case studies good—to think about what PNF treatments I would use.

Good practical sessions. Use of case studies. Excellent tutor.

Excellent explanations of patterns with practice making them into functional activities.

Re-capping patterns from day 1 & compiling all together with case studies. Excellent teaching.

What was not so good about the learning /what could we have done better?

It would have been good to have access to the PNF videos during the week break.

Would like to do more, Longer spent on pelvic patterns.

A few more worked pathology examples.

A longer period of time between sessions to practice on patients & then ask questions on the second day.

More learning through case studies. Better on a work day.

Completing the course over 2 days. Nothing could be improved.

Do you have any further comments?

2 week gap between the first & second sessions.

Really interesting 2 day course.

It was very useful to have a lot of practice & basic theory. The practical side was well presented. It was very nice that the group was only 9 people—good to work in a small group.

Excellent course which has made me think out of the box. This has been so useful being in post/qualified for one year.