

EVALUATION OF PNF EDUCATION STUDY DAY

ACPIN Scotland

Saturday 16th January 2016

Day Hospital, Queen Elizabeth University Hospital, Glasgow

1. Was today relevant and useful to your present position?

Not very relevant

Very relevant

1	2	3	4	5	6	7	8	9	10
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Average 9,

range from 7 - 10

Comments: 14 responses, 17 attended course

2. Which sessions did you find the most beneficial and why?

- Arm, upper limb functional use, patterns felt very natural. UL patterns (previously not overly confident in rehab)
- Pelvis, pelvic bridging – very practical/straightforward, will use on most patients
- Techniques for rolling
- All practical sessions and clinical studies
- Really enjoyed the day being so practical
- Practical - mix of all patterns, scapula, pelvis, UL and LL combining with mat-based exercise
- Thinking how to apply to functional movement
- Able to relate to function

3. What key messages will you take away from today?

- Try PNF again
- Need to apply resistance, not facilitation
- Can be used in multiple settings and conditions
- To practice functional movement patterns – provide patients with functional goal related to movement
- To use diagonal patterns of movement to generate activity prior to functional activity
- To think more about patterns of movement rather than joint range
- To just 'have a go'
- How PNF can be used for so many conditions and different parts of the body
- Patterns of movement, combining rotation and resistance rather than just facilitation
- Using components of PNF to work on specific elements of movement/function
- How these patterns relate to functional movements
- Work patients harder
- Re-evaluate current practice
- Handling and practice required!

5. Any other comments / suggestions

- Really enjoyed the whole day
- Thank you for organising it
- Friendly ACPIN people 😊
- Very organised, enthusiastic teacher
- Very enjoyable
- Excellent venue
- Thank you very much
- Very well organised and efficiently run
- Enjoyed having practical day
- Great day – let's have another
- Start earlier/split session over 2 days
- Struggled with techniques towards end of session – overloaded!