

Introduction to PNF

Date: 29 June 2015



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

How did you hear about the course? (Please circle your answer)

Manager/colleague 5 E-News 4 Website 5 Other 1

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

Very Useful 12 Useful 3 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 15 Satisfactory 0 Not met 0

How did you rate the administration of the course? (Please circle your answer)

Excellent 8 Good 6 Satisfactory Poor Very Poor

Do you have any comments on the housekeeping, room, etc.?

Good room, plenty of space and plinths for the practical.

The rooms were clear and clean and toilets were nearby. All good.

Perfect.

It was clean and comfortable, despite the hot temperature.

Very suitable environment. Warm day/warm room.

Very clean and spacious.

Good room. Clean. Directions given.

Good facilities.

Very good for practical session.

What was good about the learning?

Very practical, broken down into separate sections, not all taught at once. Very appropriate instruction.

Practical application of techniques of 1:1 learning.

Learnt new skills to incorporate into treatment sessions.

Clear, lots of practicals. Well delivered.

A lot of clinical application to take away.

PNF movement patterns and how I can use it in my current practice.

It was explained well. A good introduction to the subject. Time to practice techniques.

Useful tips to put into clinical practice.

Time for the practical element of the course.

Practical and hands on.

Lots of practical aspects. Hands on. Supportive.

Directly relevant to clinical practice.

Practical application.

A good mix of neuro and MSK physios—good to discuss with colleagues in clinical areas as we don't get to meet day to day. Good to try things practically and discuss possible applications.

Very practical.

What was not so good about the learning?

Would like more specific contraindications.

Could be encouraged to change 'practice partners'

Do you have any further comments?

Slightly longer i.e. another ½ day?

A query—could this be done over 1½ days? ½ day theory, 1 day application.

It would be good to have it over 2 days and to be more in-depth.

Felt that it was more than an introduction. Perhaps send out some pre-work to read first then can spend more time on the practicals.

Please state your profession:

Physiotherapist 15