

PNF Introduction & Intermediate Workshop Programme

Day One	
9.00-9.30	Registration
9.30-10.30	Theory i.e. Principles and Techniques - PowerPoint presentation
10.30-12.30 <i>Include 15 break</i>	<p style="text-align: center;"><u>Pelvic Patterns</u></p> <p>Anterior elevation / posterior depression</p> <ul style="list-style-type: none"> • Lying to sitting posterior depression • Walk bottom forward in sitting ant elevation • Bridging straight and tilt with issues in bridging • 4 point kneeling sit down either side • Sitting on feet to high kneel • As part of stepping • Sit to stand
12.30-13.30	Lunch
13.30-14.15	<p style="text-align: center;"><u>Pelvic Patterns (continued)</u></p> <p>Anterior depression /posterior elevation</p> <ul style="list-style-type: none"> • Walk bottom in chair • Going down a step • Length of leg to reach leg forward in swing to get heel strike
14.15-15.15 <i>Include 15 break</i>	<p style="text-align: center;"><u>Shoulder girdle patterns</u></p> <ul style="list-style-type: none"> • Anterior elevation /post depression • Supine and up onto elbows into 4 point kneeling • Rolling with shoulder girdle and add in the pelvis here <p>Anterior depression/ posterior elevation</p> <ul style="list-style-type: none"> • Push up off the bed through elbow and then hand • Up into 4 point kneeling • Sitting position both patterns
15.15-16.00	<p style="text-align: center;"><u>Upper limb pattern D1</u></p> <ul style="list-style-type: none"> • Full pattern • Pattern slow reversal to shoulder • Reaching sitting in chair from side or from in front • Hand component only

Day Two	
9.00-10.30	<p><u>Upper limb patterns D2</u></p> <ul style="list-style-type: none"> • Pattern • Rolling • Bilateral arms for trunk control • Chop and lift to transfer weight sitting high kneeling, standing • Discuss theraband and weights
<p>10.30-11.30</p> <p><i>Include 15 break</i></p>	<p><u>Lower limb pattern D1</u></p> <ul style="list-style-type: none"> • Full pattern- swing • Stretch to quads – home exercise with leg lifter • Kicking ball • Rx in standing • Sitting over end of bed • Bilateral feet • Step ups
11.30-12.30	<p><u>Lower limb D2</u></p> <ul style="list-style-type: none"> • Bent leg – “dog pee” • Full leg standing, gait and step up • Crawling
12.30-13.30	<p>Lunch</p>
13.30-14.15	<p><u>Rhythmical Stabs</u></p> <ul style="list-style-type: none"> • In sitting • In high kneeling • Home exercise kneeling and walk on knees forwards and back
14.15-15.30	<p><u>Case studies</u></p> <p>e.g. Sitting, Components of patterns, Crawling, Steps, Rolling.....</p>
15.30-16.00	<p><u>Conclusion</u></p> <p>Conclusion, summary and details how to access the follow up online resources</p>