

MYOKINEMATIC RESTORATION COURSE 24-25/06/2018

בשיטת (PRI (Postural Restoration Institute)

המוסד PRI הוקם בשנת 2000 על ידי Ron Haruska, כיום שיטה זו נפוצה ומיושמת ביבשות ומדינות רבות כגון בצפון אמריקה, אירופה, אוסטרליה, יפן ועכשיו בפעם הראשונה בישראל.

המוסד הראשי ממוקם בנברסקה ארה"ב.

evidenced based - מהווה מקור מידע לאלה העוסקים במקצועות הבריאות ורוצים להרחיב את הידע בתחומים: מיוקינמטיקה, נשימה, ניורו מוסקולר.

המכון חוקר את דפוסי האסימטריה בגוף בראשם בסרעפת והשפעתן על היציבה, והדיספונקציה בגוף האדם.

טיפול חדשני המשלב טיפול מנאלי ותרגילים שיקומיים על בסיס מחקרי עדכני .

המוסד משלב מסלולי לימוד וקורסים מגוונים אשר מקנים יכולת טיפול לפי שיטת ה PRI.

מרצה הקורס: Mike Cantrell (PRC, MPT)

אבחון וטיפול בשיטת PRI לאזור האגן ירך וגב תחתון.

הקורס יעסוק במיוקינמטיקה ופתולוגיות באזור Lumbo Pelvic Femoral

הטיפול הוא שיקום מנח של האגן ירך והפעלת שרשרות הנגדיות כדי להפחית את המומנט הגזירה והפיתול (torsion) המופעל על האגן.

דגש ייושם על שיקום, שימור ואימון במנח החדש במישור הטרנסברסרי. שרירי ERI IR באזורים הנ"ל.

תינתן הדרכה איך לבצע אינהיביציה לשרירים שעובדים ביתר (hyper active)

כך המטופל יוכל לשמר את המנח הניטרלי של האגן, מנח מנוחה - מבחינת אורך מתח שרירי.



מטרת הקורס:

- הבנת עקרונות הביומכניקה באזור האגן ירך וגב תחתון. וכיצד מושפעות תבניות כגון מעיסוק, תפקוד יומיומי.
- דיון בנושא שרשראות קינמטיות (polyarticular) דומיננטית, והקשר לדיספונקציה תנועתית באגן ירך וגב תחתון.
- ביצוע בדיקות לאבחון חוסר איזון באגן (TORSION).
- כיצד לשים את השריר בתרגיל במנח הנכון כך שתבצע הפסלטיקה לשריר האגוניסט.
- ביצוע טיפול מתאים הכולל תרגול מנח אחר באגן בחיי היומיום, כי להפחית את ה (TORSION).

בסוף הקורס:

המשתתפים יוכלו בסיום הקורס לבצע אבחון לפי שיטת PRI על המטופלים.

המשתתפים יוכלו בסיום הקורס לבצע טיפול **לפי שיטת PRI** לפתולוגיות כגון: piriformis syndrome , low back
Sacro iliac joint and dysfunction

בסיום הקורס המשתתפים יקבלו **תעודה בעלת הסמכה בינלאומית מטעם PRI (Postural Restoration Institute)**

עלות הקורס :

למי שאינו חברי עמותת הפיזיותרפיה:

- רישום מוקדם מעל 4 שבועות ממועד הקורס: \$495,
- רישום מאוחר במסגרת 4 שבועות האחרונים לקורס: \$525

לחברי עמותה: 10% הנחה בעזרת קוד [דבר האתר](#) : ISRAELPT

<https://www.posturalrestoration.com/account/login?ret=%2Fevents%2Fregistration%2Ftelavivmyokin>

פרטים נוספים ושאלות בנושא נא לפנות אל **שירלי רוזנפלד (PRC, PT)**

ניד: 054-6694144

אימייל: shirly.mail@gmail.com



לוח תוכנית הקורס

נושא	24.06.18
Registration and Light Breakfast	7:30-8:00
Left Anterior Interior Chain (AIC) Pattern and Pelvic Joint Dynamics	8:00-9:00
Lumbo-Pelvic-Femoral Capsuloligamentous Issues	9:00-10:00
Break	10:00-10:15
Femoral Internal and External Rotators	10:15-12:00
Lunch (on your own)	12:00-13:00
Myokinematic Influences on the Pelvis and Femur	13:00-14:00
Examination Tests and Assessment: Adduction Drop Test – Extension Drop Test – Femoral-Acetabular (FA) Rotation – Trunk Rotation – Hruska Adduction Lift Test – Hruska Abduction Lift Test – Standing Reach Test	14:00-15:00
Break	15:00-15:15
Examination Tests and Assessment (Lab)	15:15-16:15
Repositioning Through Integrated Isolation (Demonstration and Lab)	16:15-17:00

נושא	25.06.18
Registration and Light Breakfast	7:45-8:00
Myokinematic Functional Relationships	8:00-9:00
Examination and Assessment <ul style="list-style-type: none"> • Hruska Adduction Lift Test • Hruska Abduction Lift Test 	9:00-10:00
Break	10:00-10:15
Examination and Assessment (Lab) <p>Hruska Adduction Lift Test</p> <p>Hruska Abduction Lift Test</p>	10:15-11:00
Treatment Considerations and Myokinematic Hierarchy	11:00-12:00
Lunch (on your own)	12:00-13:00
Myokinematic Hierarchy <p>Non-Pathological Left AIC</p> <p>Pathological Left AIC</p>	13:00-14:00
Left AIC Myokinematic Hierarchy (Lab)	14:00-15:00

Break	15:00-15:15
Left AIC Related Pathomechanics: Piriformis Syndrome, Ilio-Sacral Joint Dysfunction, Low Back Strain	15:15-16:00
Myokinematic Restoration Inhibition Programs	16:00-17:00

RON HRUSKA, MPA, PT



Ron graduated with a Bachelor of Science from the University of Nebraska Lincoln and matriculated to the University of Nebraska Medical Center, completing a degree in Physical Therapy. Following graduation from Physical Therapy school in 1980, Ron accepted a position as a staff PT at the Omaha Veterans Administration Medical Center. In 1983, he was promoted to Assistant Chief and Clinical Educator. During this time, he also earned a Masters of Public Administration through the University of Nebraska, Omaha. In 1984, Ron accepted a position as Director of Physical Therapy and Rehabilitation at St. Elizabeth Community Health Center in Lincoln, Nebraska, where he served in this role until 1997. In 1997, he began working with Inverse Technology Corporation as Director of Clinical Services. During this time, Ron was teaching courses across the country on “Patella-Femoral Dysfunction and Protonics”, as well as the first Postural Restoration® courses. In 1999, Ron opened a private practice physical therapy clinic, Hruska Clinic Restorative Physical Therapy Services, in Lincoln, Nebraska. In 2000, as a result of his extensive clinical and professional experience, he established the Postural Restoration Institute®, to explore and explain the science of postural adaptations, asymmetrical patterns and the influence of polyarticular chains of muscles. In 2011, Ron co-founded PRI Vision, LLC in Lincoln, NE with Dr. Heidi Wise.

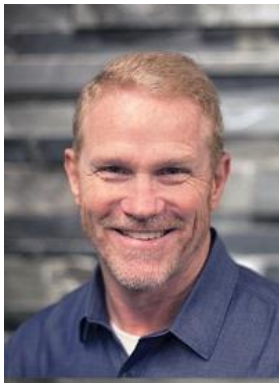
Ron has developed a strong interest in myokinematic, biomechanical, occlusal and visual influences on postural and peripheral adaptation patterns. Over 35 years of clinical experience assists him with direct patient interventions based on specific examination and evaluation data that best reflects neuromechanical stability, trunk symmetry and respiratory balance. In his earliest clinical practice at the Omaha Veterans Administration Medical Center, he recognized asymmetrical patterns that were influencing posture and movement, which led to the beginning of the science which is now Postural Restoration®. He lectures extensively and consults regularly with physicians, physical therapists, athletic trainers, optometrists, dentists, and other health care and fitness professionals across the United States and internationally on patterned postural position and pathology and his approach of restoring symmetrical balance using Postural Restoration® principles. As a result of his clinical experience and interdisciplinary evidence based integration, patients and healthcare professionals travel from across the country and internationally to the Hruska Clinic in Lincoln, Nebraska for consultation and treatment. These patients are usually experiencing symptoms of movement dysfunction associated with neuromuscular, respiratory and sensorial asymmetry.

Throughout his entire career as a physical therapist, he has remained a member of the American Physical Therapy Association, where he has served on the Judicial Committee, Reference Committee, and House of Delegates. Ron has served as President of the Nebraska Chapter of the American Physical Therapy Association. He has also served on the Federation of State Boards of Physical Therapy, where he was one of five individuals to be selected on the Model Practice Act Task Force. Ron has also served on the Nebraska Department of Health Physical Therapy Board, where he was appointed by the governor to Chairman of the Board of Examiners in Physical Therapy. Ron is co-inventor of the Protonics Neuromuscular Training System. Ron has also invented and patented the Prism and Priori PRI Aquatic systems.

Over his career, Ron has presented at several national and state American Physical Therapy Association (APTA) conferences, as well as National Strength and Conditioning (NSCA) and National Athletic Trainer's Association (NATA) national and local conferences. Ron has authored articles published in journals including; Orthopaedic Physical Therapy Clinics of North America, Dental Clinics of North America, The Journal of the American Dental Association, and EXPLORE.

Ron is the Executive Director of the Postural Restoration Institute®, where he continues to teach nearly 20 courses each year across the country and internationally. He also continues to consult and practice at the [Hruska Clinic, Restorative Physical Therapy Services](#), and [PRI Vision Clinic](#) in Lincoln, Nebraska. In addition, Ron serves as a Biomechanical Consultant to the University of Nebraska-Lincoln through the Division of Athletic Medicine.

MICHAEL CANTRELL, MPT, PRC



Mike graduated from the University of Georgia in 1981 with a Bachelor's degree in Dietetics. After a period in the U.S. Army, he completed his Master's degree in Physical Therapy from Emory University School of Medicine in Atlanta in 1989. In 1992 Mike opened The Cantrell Center and by the time he sold his practice in 2016 it employed 49 people and was the only Postural Restoration Certified Center in Georgia. Mike was a member of the 2006 Postural Restoration class® thus earning the designation of Postural Restoration Certified (PRC). He has published several white papers regarding PRI® information in an effort to help others more easily understand difficult concepts. He began formally teaching for PRI in 2006 and currently teaches Myokinematic Restoration, Postural Respiration, Impingement and Instability, Advanced Integration, and Cervical Revolution. Since selling his practice, Mike has begun three other successful businesses: Applied Integration Consulting (a joint venture with James Anderson MPT, PRC), Mike Cantrell Physical Therapy Consulting, and Integrative Postural Therapy (a joint venture with Elizabeth Caughey DDS). Mike continues to maintain that any successes he has had are directly attributed to the knowledge and skills that have been imparted to him by the Postural Restoration Institute and is forever grateful for their ongoing advances in the field of human kinetics.

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ADDUCTORS

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HAMSTRINGS RELATED TO BACK & HIP

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