POSTURAL RESPIRATION COURSE

01-02/07/2018

PRI (Postural Restoration Institute)

The course was founded in 2000 by Ron Haruska. The PRI is a research-based institute founded in 2000 by Ron Haruska. It is currently practiced and applied in many countries such as the USA, Europe, Australia, Japan, and now for the first time in Israel.

The center is located in Nebraska, USA.

The course is evidence-based, providing information to those in the health professions who want to expand their knowledge in the fields of myokinematics, breathing, neuro-muscular.

The institute investigates asymmetrical patterns of the body, especially in the spine, and its effects on balance and movement disorders.

The new approach combines manual treatment and exercises based on current research.

The course is taught by Mike Cantrell (PRC, MPT).

The theoretical and practical course provides the participants with a biological understanding of:

- Rotation of the ribs,
- Disbalance of the abdominal muscle,
- Flexion and extension in the ribs,
- Abnormal breathing patterns,
- Use of muscles to assist breathing due to inappropriate posture.

The course will focus on the diagnosis and treatment of polyarticular (referring to the spine and the shoulder girdle). The treatment plan includes manual treatment and exercises to improve normal range of motion in the shoulder and elbow.

Objectives of the course:

- Awareness of the role of posture and mechanics in the prevention and treatment of posture and movement disorders.
- Improvement of daily functions such as sleeping, eating, and working, achieved by preventing overactive muscles and improving breathing patterns through breathing exercises.
- Diagnosis and treatment of torsional patterns of the trunk.
- Recovery and maintenance of the new posture.
- Force coupling: recovery and coordination of the ribs and the diaphragm.

At the end of the course, the students will be able to perform treatment according to the PRI method for conditions such as thoracic outlet syndrome, shoulder, and elbow.

 PRI (Postural Restoration Institute) is a research-based institute founded in 2000 by Ron Haruska. The institute is located in Nebraska, USA.

The course is evidence-based, providing information to those in the health professions who want to expand their knowledge in the fields of myokinematics, breathing, and neuro-muscular.

The institute investigates asymmetrical patterns of the body, especially in the spine, and its effects on balance and movement disorders.

The new approach combines manual treatment and exercises based on current research.

The course is taught by Mike Cantrell (PRC, MPT).

The theoretical and practical course provides the participants with a biological understanding of:

- Rotation of the ribs,
- Disbalance of the abdominal muscle,
- Flexion and extension in the ribs,
- Abnormal breathing patterns,
- Use of muscles to assist breathing due to inappropriate posture.

The course will focus on the diagnosis and treatment of polyarticular (referring to the spine and the shoulder girdle). The treatment plan includes manual treatment and exercises to improve normal range of motion in the shoulder and elbow.

Objectives of the course:

- Awareness of the role of posture and mechanics in the prevention and treatment of posture and movement disorders.
- Improvement of daily functions such as sleeping, eating, and working, achieved by preventing overactive muscles and improving breathing patterns through breathing exercises.
- Diagnosis and treatment of torsional patterns of the trunk.
- Recovery and maintenance of the new posture.
- Force coupling: recovery and coordination of the ribs and the diaphragm.

At the end of the course, the students will be able to perform treatment according to the PRI method for conditions such as thoracic outlet syndrome, shoulder, and elbow.

 PRI (Postural Restoration Institute) is a research-based institute founded in 2000 by Ron Haruska. The institute is located in Nebraska, USA.

The course is evidence-based, providing information to those in the health professions who want to expand their knowledge in the fields of myokinematics, breathing, and neuro-muscular.

The institute investigates asymmetrical patterns of the body, especially in the spine, and its effects on balance and movement disorders.

The new approach combines manual treatment and exercises based on current research.

The course is taught by Mike Cantrell (PRC, MPT).

The theoretical and practical course provides the participants with a biological understanding of:

- Rotation of the ribs,
- Disbalance of the abdominal muscle,
- Flexion and extension in the ribs,
- Abnormal breathing patterns,
- Use of muscles to assist breathing due to inappropriate posture.

The course will focus on the diagnosis and treatment of polyarticular (referring to the spine and the shoulder girdle). The treatment plan includes manual treatment and exercises to improve normal range of motion in the shoulder and elbow.

Objectives of the course:

- Awareness of the role of posture and mechanics in the prevention and treatment of posture and movement disorders.
- Improvement of daily functions such as sleeping, eating, and working, achieved by preventing overactive muscles and improving breathing patterns through breathing exercises.
- Diagnosis and treatment of torsional patterns of the trunk.
- Recovery and maintenance of the new posture.
- Force coupling: recovery and coordination of the ribs and the diaphragm.

At the end of the course, the students will be able to perform treatment according to the PRI method for conditions such as thoracic outlet syndrome, shoulder, and elbow.
עלות הקורס
למי שאינו חבר עמותת הפיזיותרפיה:

- רישום מוקדם מעל 4 שבועות ממועד הקורס: $495
- רישום מאוחר ברvoie 4 שבועות או יותר הקורס: $525

ה祉ה עמותת: 10% הנחה ב gdbת קוד העברת: ISRAELPT

https://www.posturalrestoration.com/programs-courses/introductory-courses/postural-respiration

פרטים נוספים ואשריות בנושא נא לפנות אל שושי רוזנפלד

( PRC, PT)

054-6694144
shirly.mail@gmail.com
<table>
<thead>
<tr>
<th>_CHANNEL</th>
<th>01.07.18</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>08:30</td>
<td>Overview of Anterior Interior Chain (AIC), Brachial Chain (BC) and Zone of Apposition (ZOA) Relationships</td>
</tr>
<tr>
<td>09:00</td>
<td>Faulty Postural Influences Related to Postural Respiration</td>
</tr>
<tr>
<td>10:00</td>
<td>Break</td>
</tr>
<tr>
<td>10:15</td>
<td>Faulty Postural Influences Related to Postural Respiration (cont.)</td>
</tr>
<tr>
<td>11:00</td>
<td>Respiratory Mechanics of the Thorax: Muscle and Structure</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>13:00</td>
<td>Rib Kinematics</td>
</tr>
<tr>
<td>14:00</td>
<td>Left AIC Overview and Objective Testing</td>
</tr>
<tr>
<td>14:00</td>
<td>Left AIC Non-Manual Techniques (Lab)</td>
</tr>
<tr>
<td>15:00</td>
<td>Left AIC Manual Restoration Techniques (Lab)</td>
</tr>
<tr>
<td>08:00</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>08:30</td>
<td>Overview of Thoracic Mediastinum Function</td>
</tr>
<tr>
<td>08:30</td>
<td>Brachial Chain: Muscle and Structure</td>
</tr>
<tr>
<td>09:00</td>
<td>Postural Respiration Functional Relationships</td>
</tr>
<tr>
<td>09:30</td>
<td>Right BC Evaluation and Assessment Demonstration</td>
</tr>
<tr>
<td>10:00</td>
<td>Break</td>
</tr>
<tr>
<td>11:00</td>
<td>Superior T4 Airflow</td>
</tr>
<tr>
<td>11:00</td>
<td>Right Superior T4 Manual Technique (Lab)</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>13:00</td>
<td>Right BC PRI Treatment Guidelines</td>
</tr>
<tr>
<td>14:00</td>
<td>Right Subclavus Manual Technique (Lab) and Demonstration of Remaining Manual BC Techniques</td>
</tr>
<tr>
<td>15:00</td>
<td>Break</td>
</tr>
<tr>
<td>15:15</td>
<td>Left Lower Trapezius/Left Serratus Anterior Non-Manual Techniques</td>
</tr>
<tr>
<td>16:00</td>
<td>Right Lower Trapezius/Right Tricep Non-Manual Techniques</td>
</tr>
</tbody>
</table>
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 internationa

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.

Cantrell.Mike@posturalrestoration.com
ORTHOPEDIC


- Rothstein JM. Editor’s Note: What we don’t know can hurt us. Physical Therapy. Oct 2002;82(10).

NEUROLOGY


• Hodges PW, Richardson CA. Feedforward contraction of transversus abdominis is not influenced by the direction of arm movement. Exp Brain Res (1997) 114:362-370.


• Terada M, Kosik KB, McCann RS, Gribble PA. Diaphragm Contractility in Individuals with Chronic Ankle Instability.


• Shumway-Cook A & Woollacott M. Motor control; theory and practical applications. 1995. Williams & Wilkins, Baltimore.


RESPIRATION


• Bertherat T & Bernstein C. The body has its reasons; self-awareness through conscious movement. 1989 Healing Arts Press, Rochester.


• Chaitow L, Bradley D, Gilbert C. Multidisciplinary Approaches to Breathing Pattern Disorders. Churchill Livingstone. 2002


• Fried R. Breathe well, be well. John Wiley & Sons, Inc. 1999.
• Newton A. Breathing in the gravity field. Rolf Lines Fall 1997; 27-33. Available online.
• Tatsuya Hirasawa and Shigeru Kuratani A new scenario of the evolutionary derivation of the mammalian diaphragm from shoulder muscles

ZONE OF APPPOSITION

• Bartels L. Rib cage influences on the volleyball players shoulder. Performance Volleyball Conditioning. 2007;13(7).


McKenzie DK, Gandevia SC, Gorman RB, Southon, FCG. Dynamic changes in the zone of apposition and diaphragm length during maximal respiratory efforts. Thorax. 1994;49: 634-638


• Reid WD, Dechman G: Considerations when testing and training the respiratory muscles. Phys Ther 75:11, 1995.


• Walpin L. Sitting: there is more to it than meets the eye….or seat. Physical Therapy Products. Sept 1996: 64-67