

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: מיוקנימטיקה, נשימה, ניורו מוסקולר.

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

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

מרצה הקורס: Mike Cantrell (PRC, MPT)

קורס תאורתי ומעשי המעניק למשתתף הבנה ביומכנית של:

רוטציה של הצלעות, גיוס לא מאוזן של שרירי האלכסונים בבטן, מומנט פיתול וגזירה בצלעות, תבניות אבנורמליות של הנשימה, שימוש יתר בשרירי עזר לנשימה בגלל מנח לא תקין של הסרעפת.

הקורס יתמקד בהערכה וטיפול בשרשראות השרירים (poly articular) הקשורות לסרעפת ולטורקס.

התוכנית הטיפולית כוללת טיפול מנואלי ותרגילים שיקומיים. במטרה לשקם את התנועה הרוטטורית של הטורקס ולטפל בפתולוגיות ברביע עליון.

מטרת הקורס :



- הכרת המבנים והביומכניקה המשפיעה על ליקויים ביציבה הקשורים דיספונקציה של נשימה.
- שיפור תפקוד המטופל בחיי היומיום כגון בשינה, פנאי, ותעסוקה, יושג ע"י תוכנית לאינהבציה שרירים נשימה שעובדים ביתר hyper active, ושיפור תבנית הנשימה ע"י שימוש בסרעפת.
- אבחון מנח הטורקס והצלעות torsional pattern of the trunk ע"י תיקון מנואלי, תרגילים לשיקום ושימור המנח החדש.
- שיקום טורקס ושכמה, force coupling, מנח צלעות וסטרנום תקין, ושילוב עבודת שרירי ליבה.

בסוף הקורס:

המשתתפים יוכלו בסיום הקורס לבצע טיפול לפי שיטת PRI לפתולוגיות ברביע עליון כגון: thoracic outlet syndrome, shoulder, elbow

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

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

ניד: 054-6694144

אימייל: shirly.mail@gmail.com



לוח תוכנית הקורס

נושא	01.07.18
Registration and Light Breakfast	7:30-8:00
Overview of Anterior Interior Chain (AIC), Brachial Chain (BC) and Zone of Apposition (ZOA) Relationships	8:00-9:00
Faulty Postural Influences Related to Postural Respiration	9:00-10:00
Break	10:00-10:15
Faulty Postural Influences Related to Postural Respiration (cont.)	10:15-11:00
Respiratory Mechanics of the Thorax: Muscle and Structure	11:00-12:00
Lunch (on your own)	12:00-13:00
Rib Kinematics	13:00-14:00
Left AIC Overview and Objective Testing	14:00-15:00
Break	15:00-15:15
Left AIC Non-Manual Techniques (Lab)	15:15-16:00
Left AIC Manual Restoration Techniques (Lab)	16:00-17:00

נושא	02.07.18
Registration and Light Breakfast	7:30-8:00
Overview of Thoracic Mediastinum Function	8:00-8:30
Brachial Chain: Muscle and Structure	8:30-9:00
Postural Respiration Functional Relationships	9:00-9:30
Right BC Evaluation and Assessment Demonstration	9:30-10:00
break	10:00-10:15
Superior T4 Airflow	10:15-11:00
Right Superior T4 Manual Technique (Lab)	11:00-12:00
Lunch (on your own)	12:00-13:00
Right BC PRI Treatment Guidelines	13:00-14:00
Right Subclavius Manual Technique (Lab) and Demonstration of Remaining Manual BC Techniques	14:00-15:00
Break	15:00-15:15
Left Lower Trapezius/Left Serratus Anterior Non-Manual Techniques	15:15-16:00
Right Lower Trapezius/Right Tricep Non-Manual Techniques	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 neuro-muscular, 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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