

# **PNF: REFRESHED!**

## **40 YEARS OF MARY MASSERY TWEAKS**

DEC 5-7, 2019

(20.5 contact hours)

### **Location**

Transpacific Center  
1000 Broadway, Oakland, CA  
The Oakland Center, Cal State East Bay  
Grand Lake Room

### **Instructor**

Mary Massery, PT, DPT,  
DSc  
and Faculty

Presented by the



<https://aptbayarea.org/courses/pnf-refreshed-40-years-of-mary-massery-tweaks/>

## **COURSE DESCRIPTION:**

If all you remember about Proprioceptive Neuromuscular Facilitation (PNF) is random “diagonal patterns,” then this course is for you. PNF can be a powerful approach when the techniques are creatively applied to clinical problems.

Dr. Massery’s extensive background in PNF, along with 40 years of clinical refinements, makes her uniquely qualified to teach PNF in today’s evidence-based practice environment. The purpose of this course is to apply current PNF research, philosophy and treatment concepts to pediatric and adult patients with neuromuscular, musculoskeletal, and/or cardiopulmonary conditions. The extensive use of hands-on labs; dissection of functional tasks to facilitate goal-directed movements; use of techniques with specific clinical cases; and a live patient demonstration, will “refresh” PNF for today’s practitioner. Participants will leave with sharpened skills and an abundance of new ideas on the immediate application of PNF to their practice.

## **COURSE OBJECTIVES:**

By the conclusion of the course, participants should be able to:

1. Describe the philosophy and historical development of PNF.
2. Demonstrate refinement in their PNF therapeutic handling skills.
3. Expand their treatment planning ideas for patients with neuromuscular, musculoskeletal and/or cardiopulmonary impairments via multiple clinical cases, and the inclusion of a live patient demonstration when possible.
4. Design a PNF-based intervention strategy in small groups for improved trunk function for a specific patient using the concepts presented throughout the course, and present the case back to the class.

## **TARGET AUDIENCE:**

Physical Therapists - Physical Therapist Assistants - Occupational Therapists - Occupational Therapist Assistants

## **Keynote Speaker / Primary Course Instructor**

Dr. Massery received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific in 2004 and her DSc from Rocky Mountain University in 2011. Her publications and interests focus on linking motor behaviors to breathing and/or postural mechanics in both pediatric and adult patient populations.

Dr. Massery has been invited to give over 800 professional presentations in 49 US states, 9 Canadian provinces, and 15 countries worldwide, including more than 100 presentations for the American Physical Therapy

Association, and a full-day post-conference program at the World Congress of Physical Therapy in Singapore. She has delivered keynote and major addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, pectus excavatum (chest deformities), and connections between posture & breathing.



Dr. Massery has received national awards from the APTA, including its highest clinical award, The Florence Kendall Practice Award, honoring “one’s outstanding and enduring contributions to the practice of physical therapy.” She has been honored as Outstanding Alumnus of the Year by each of her 3 alma maters. And in 2016, she was awarded North-

western University’s Alumnae Research Achievement Award. She continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.

**CANCELLATION POLICY: 31- 60 days prior to course: 90% refund, . 11-30 days prior to course: 75% refund.**

**Cancellation 10 days or less prior to course will not be refunded.**

## **COURSE OVERVIEW:**

### **DAY-1 Topics (7.5 Contact Hours)**

<u>Lecture</u> : Introduction of PNF philosophy and historical development
<u>Lecture/Demonstration</u> : Activities, Techniques, & Elements (ATE)
<u>Lab 1</u> : UE patterns and selected ATE's
<u>Lab 2</u> : LE patterns and selected ATE's

### **DAY-2 Topics (7.5 Contact Hours)**

Lab 3: UE and LE Patterns: More techniques and elements
Lab 4: Trunk facilitation through bilateral limb patterns
Lab 5: Developmental Activities: supine
Lab 6: Developmental Activities: prone
Patient Demonstration (if possible)

### **DAY-3 Topics (5.5 Contact Hours)**

Review, refine and combine handling skills
Lab 7: Developmental Activities: upright
Problem solving small group session: Designing PNF strategies for real patient cases
Presentation of cases

Register at:

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