

## **POLYMATH PUZZLES**

Many of those who are applying PRI concepts and taking PRI courses are curious, creative, and have inventive imagination. Many notable people with the same attributes lived during the Renaissance, and used rounded approaches to education that reflected the ideals of the humans of the time. They could speak, usually, several languages, play a musical instrument, write poetry, build new designed models, and study evolving scientific discovery.

They were called 'polymaths', and knowledge of various subjects, drawn from all kind of studies ranging freely through all fields of the disciplines.

Taking a PRI course, more than likely, indicates you have some degree of being a Renaissance student, and have many interests or talents, an intuitive mind and innovative interests in the puzzles of science, in general. Hopefully, by taking a PRI course in the upcoming year, you will be able to put more pieces of the human integrative scientific puzzle together.







Jennifer Platt DPT, ATC, PRC Executive Director Director of Education & Credentialing



Ron Hruska MPA, PT Founder



**RJ Hruska**Director of Public Relations and Outreach



Janie Ebmeier PTA
Director of Business
Development



Bobbie Rappl PTA, PRC Director of Clinical Development



Stacy Masek Media Specialist



## **Faculty**



**Torin Berge** PT, MPT, PRC



**Lisa Mangino** PT, DPT, C/NDT, SBS-C2, PRC



**Craig Depperschmidt** PT, DPT, PRC



**Jason Miller** PT, MS, CSCS, PRC



**Robert "Skip" George** DC, CSCS, CCSP, PRC



**Danielle Phillips** PT, DPT, PRC



**Dan Houglum** MSPT, ATC/L, PRC



**Jennifer Poulin** PT, PRC



**Ron Hruska** MPA, PT



**Kasey Ratliff** PT, DPT, PRC



**Louise Kelley** DPT, PRC



**Jennifer Smart** DPT, PRC



**Frank Mallon** PT, DPT, PRC



**Lori Thomsen** MPT, PRC



## **2026 Course Schedule**

#### **PRIMARY COURSES**

Myokinematic Restoration		Postural Respiration		Pelvis Restoration	
Feb 21-22	Memphis, TN	Feb 7-8	Marietta, GA	Jan 31-Feb 1	Columbia, MO
Feb 28-Mar 1	Virginia Beach, VA	Feb 22-23	Salem, OR	Feb 21-22	San Jose, CA
Mar 13-14	Lincoln, NE	Mar 14-15	Bethesda, MD	Mar 7-8	Lansing, MI
Mar 13-14	Live Stream ((O))	Apr 11-12	Anchorage, AK	Mar 28-29	Scottsdale, AZ
Mar 28-29	West Boylston, MA	May 16-17	Norwood, MA	Apr 10-11	Lincoln, NE
May 2-3	San Diego, CA	Jul 17-18	Salt Lake City, UT	Apr 10-11	Live Stream ((O))
May 30-31	Edmond, OK	Aug 15-16	Houston, TX	May 16-17	San Antonio, TX
Jun 6-7	Edmonton, AB	Sep 26-27	Rochester, MN	Aug 1-2	Louisville, KY
Aug 29-30	Boulder, CO	Oct 3-4	Casper, WY	Sep 12-13	Missoula, MT
Sep 12-13	New York, NY	Oct 10-11	Virginia Beach, VA	Sep 26-27	Valencia, CA
Sep 20-21	Salem, OR	Oct 24-25	Orange, CA	Oct 24-25	Langhorne, PA
Oct 10-11	Franklin, WI	Nov 7-8	Scottsdale, AZ	Nov 21-22	Hillsboro, OR
Nov 7-8	Bedford, TX	Nov 13-14	Lincoln, NE		
Nov 14-15	Valencia, CA	Nov 13-14	Live Stream ((O))		

#### **SECONDARY COURSES**

Warner Robins, GA

Impingement & Instability		Cervical Revolution		Human Evolution	
Jan 9-10	Lincoln, NE	Jan 23-24	Lincoln, NE	Feb 27-28	Lincoln, NE
Jan 9-10	Live Stream ((O))	Jan 23-24	Live Stream ((O))	Feb 27-28	Live Stream ((O))
Mar 14-15	Colchester, VT	May 15-16	Seattle, WA	Sep 25-26	Lincoln, NE
Jun 20-21	Munich, Germany	Aug 29-30	Bethesda, MD	Sep 25-26	Live Stream ((O))
Aug 14-15	Lincoln, NE	Sep 11-12	Lincoln, NE	Oct 24-25	Anchorage, AK
Aug 14-15	Live Stream ((O))	Sep 11-12	Live Stream ((O))		
Sep 26-27	West Boylston, MA	Oct 17-18	Norwood, MA		

Advanced Integration
Dec 3-6 Lincoln, NE
Dec 3-6 Live Stream ((○))

Advanced Integration
Jan 30-31 Lincoln, NE
Jan 30-31 Live Stream ((○))

#### **TERTIARY COURSES**

Oct 17-18

Cranial Resolution		Occlusal Cervical Restoration		Voice Box Resonation	
Mar 20-21	Lincoln, NE	May 29-30	Lincoln, NE	Mar 6-7	Lincoln, NE
Mar 20-21	Live Stream ((O))	May 29-30	Live Stream ((O))	Mar 6-7	Live Stream ((O))
Oct 23-24	Lincoln, NE	Sep 19-20	Chapel Hill, NC	Aug 28-29	Lincoln, NE
Oct 23-24	Live Stream ((O))	Nov 6-7	Lincoln, NE	Aug 28-29	Live Stream ((O))
Nov 20-21	Seattle, WA	Nov 6-7	Live Stream (( ))		

Forward Locomotor Movement Visual Vestibular Refinement Chapel Hill, NC May 2-3 Newton, MA Mar 28-29 Jun 27-28 Munich, Germany Oct 2-3 Lincoln, NE Lincoln, NE Nov 20-21 Oct 2-3 Live Stream ((O)) Nov 20-21 Live Stream ((O))

#### **ANNUAL SUMMIT**

Interdisciplinary Studies Summit Apr 23-24 Lincoln, NE





## **Course Information**

#### **Audience and Accreditation**

Certificates of Completion are awarded to attendees upon the successful completion of each course. Before attending a course, please verify CEU acceptance with your profession's regulating body. Attendees are responsible for following their state statutes regulating their professional practice as they integrate PRI concepts.

#### **Physical Therapists and PT Assistants**

In the states where PRI is sponsoring courses and where approval through state American Physical Therapy Association (APTA) or licensing agencies is required, PRI will apply for approval for CEUs for Physical Therapists and Physical Therapist Assistants. Please refer to our website to see if your state is approved for the course of interest.

#### Chiropractors

In the states where PRI is sponsoring courses and where approval through state licensing agencies is required, PRI will look into applying for CEUs for Chiropractors (upon request). Please refer to our website to see if your state is approved for the course of interest.

#### **Strength and Conditioning Coaches**

Select PRI courses are approved by the Collegiate Strength and Conditioning Coaches Association (CSCCa). Please refer to our website for course approval details.

#### **Athletic Trainers and Athletic Therapists**

PRI is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers (#P2376). PRI is recognized by the Canadian Athletic Therapists Association (CATA) as an Approved Provider to offer courses as preapproved for CATA members to earn CEUs. Please refer to our website for course approval details.

#### Massage Therapists

PRI is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. Provider # 451877-12. Approval applies to select live courses only. Please refer to our website for course approval details. \*Approval not valid for New York licensed massage therapists.

#### **Pilates Instructors**

Select PRI courses are approved by the National Pilates Certification Program (NPCP). Please refer to our website for course approval details.

#### Other Healthcare and Fitness Professionals

PRI welcomes any licensed healthcare or fitness professional to attend courses.











#### **What to Expect**

As a participant of a Postural Restoration Institute® course. you will be introduced to an innovative and unique approach that will revolutionize your knowledge, practice and training principles. The science may be new to you, but its foundation began with the creation of the human body! Faculty to student ratios are kept low to stimulate an interactive, cohesive learning environment. Lecture with visuals will be used throughout the course and lab will be included in select courses. You will receive a course manual over 150 pages in length which complements the speakers presentation along with ready to use non-manual techniques. Please come prepared to advance your knowledge in postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body!

## Course Registration & Confirmation

Registration can be completed on our website. The early tuition rate is valid up until 4 weeks before the scheduled course. Confirmation letters will be emailed at least 4 weeks prior to the course date or once a minimum of 15 people have registered to attend. While it doesn't happen often, if we are not able to reach the minimum of 15 registered attendees, a course may be cancelled. In this case, registrants will be notified at least 4 weeks in advance.

#### **Cancellation Policy**

Tuition is refundable less \$50 if cancelled 14 days before the course date. Tuition is not refundable within 14 days of the course. However, you may have someone attend in your place or attend on another date. If you choose to attend on another date, a \$50 fee applies to transfer your registration. PRI reserves the right to cancel a course and will refund the tuition fee only.

888.691.4583

## Credentialing Programs

The Postural Restoration Institute has established credentialing programs as a way to recognize and identify individuals with advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute\*.



- Tuition Discounts
- Quarterly Updates
- Professional Networking
- Mentorship & Speaking Opportunities
- Inclusion on the PRI Website
   Find a Provider Map



Visit **posturalrestoration.com** for more information, including course requirements and printable applications.



The Postural Restoration Certified™ (PRC) credentialing program was established in 2004, and is available to Physical Therapists, Physical Therapist Assistants, Occupational Therapists, and Chiropractors who have attended the required PRI courses, demonstrated a thorough understanding of the science through completion of the PRC Application and successfully participated in both clinical and analytical testing.

**Application Deadline** September 15, 2026

**Testing** December 7-8, 2026



The Postural Restoration Trained™ (PRT) credentialing program was established in 2011, and is available to Athletic Trainers (with Certification through the BOC), Athletic Therapists (with Certification through the CATA), Strength and Conditioning Coaches (with CSCS Certification through the NSCA or SCCC Certification through the CSCCa), Certified Special Population Specialist (with CSPS Certification through the NSCA, and completion of a Bachelor's degree or higher degree), and Exercise Physiologists (with Certification through the ACSM) who have attended the required PRI courses, demonstrated a thorough understanding of the science through completion of the PRT Application and successfully participated in both clinical and analytical testing.

> Application Deadline October 15, 2026

> > **Testing**January 10-11, 2027



## PRI Mini Residency Program

The Postural Restoration Institute® offers a PRI Mini Residency Program, a formal program of post-professional education and mentorship for PRI-minded healthcare and movement professionals that is designed to enhance one's understanding and application of PRI concepts, objective testing, and patient/client management. The foundational science from the Postural Restoration Institute's three primary courses will be strongly emphasized by all PRI Mini Residency Centers, however each PRI Mini Residency Center offers a unique environment and experience, and many residency centers will also include exposure to interdisciplinary integration with other healthcare or movement professionals.

This 6-week PRI Mini Residency Program is designed for healthcare or movement professionals who are self-directed learners,

have completed the required PRI coursework, and would like to enhance their clinical reasoning, interpersonal communication and dialogue using PRI terminology with other professionals as well as patients or clients, and application skills of the science of Postural Restoration® through one-on-one clinical education and mentorship with a PRC or PRT professional at a PRI Mini Residency Center.

Flexibility with the 6-week schedule is often available and can be discussed with the PRI Mini Residency Center.

Visit **posturalrestoration.com** for more information, including the current list of PRI Mini Residency Centers, prerequisites, and printable applications.

# Interdisciplinary Studies Summit

Join us for our 3rd Annual Interdisciplinary Studies Summit on April 23-24th in Lincoln, NE. See page 25 for more information on this year's presentations and speakers!



**Interested in presenting at a future Summit?** Visit the Interdisciplinary Studies Summit page on our website to learn more. Abstracts are due by July 15th, for the following years Summit!



# Myokinematic RESTORATION

An Integrated Approach to the Treatment of Patterned Lumbo-Pelvic-Femoral Pathomechanics

## **Course Description**

This advanced lecture and lab course explores the biomechanics of contralateral and ipsilateral myokinematic lumbo-pelvic-femoral dysfunction. Treatment emphasizes the restoration of pelvic-femoral alignment and recruitment of specific rotational muscles to reduce synergistic predictable patterns of pathomechanic asymmetry. Emphasis will be placed on restoration, recruitment, and retraining activities using internal and external rotators of the femur, pelvis, and lower trunk. Guidance will be provided on how to inhibit overactive musculature. This will enable the course participant to restore normal resting muscle position. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as piriformis syndrome, ilio-sacral joint dysfunction, and low back strain.



### **Course Objectives**

- Outline biomechanical principles of lower half musculoskeletal dysfunction as they relate to rotational patterns of the femur, pelvis, and lumbar spine, as well as occupational influence.
- Describe how musculoskeletal dysfunction relates to articular chain asymmetry and patterns of synergistic compensatory activity.
- Recognize how to apply examination and assessment skills to neuromuscular dyssynchrony and postural asymmetries that affect stability and function of the lower half.
- Identify how to restore synchronous activity across the lumbo-pelvic-femoral complex and improve neuromuscular motor control of the muscles that stabilize these joints.
- Outline how to design an interventional plan that includes various activities of daily living positions to decrease asymmetrical musculoskeletal demands.

#### **Registration & Fees**



In-Person Early \$550 Late \$600



Live Stream
Early \$580
Late \$630

Online Home Study Course \$500

Bundle and Save!

 Purchase the corresponding Non-Manual Techniques PDF or Video Collection for \$200 when registering for this course (\$50 Savings).



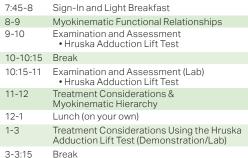


## **Course Schedule**

Feb 21-22 Memphis, TN Virginia Beach, VA Feb 28-Mar 1 Mar 13-14 Lincoln, NE Mar 13-14 Live Stream (( )) Mar 28-29 West Boylston, MA May 2-3 San Diego, CA May 30-31 Edmond, OK Jun 6-7 Edmonton, AB Aug 29-30 Boulder, CO Sep 12-13 New York, NY Sep 20-21 Salem, OR Oct 10-11 Franklin, WI Nov 7-8 Bedford, TX Nov 14-15 Valencia, CA

Enjoy the convenience of taking this course from home as a live stream or online home study! For more information, visit posturalrestoration.com.

	Cours	e Agenua
	DAY ONE	
	7:30-8	Registration and Light Breakfast
	8-9	Left Anterior Interior Chain (AIC) Pattern and Pelvic Joint Dynamics
	9-10	Lumbo-Pelvic-Femoral Capsuloligamentous Issues
	10-10:15	Break
	10:15-12	Femoral Internal and External Rotators
	12-1	Lunch (on your own)
	1-2	Myokinematic Influences on the Pelvis and Femur
	2-3	Examination Tests and Assessment  • Adduction Drop Test  • Extension Drop Test  • Straight Leg Raise  • Femoral-Acetabular (FA) Rotation  • Trunk Rotation
	3-3:15	Break
	3:15-4:15	Examination Tests and Assessment (Demonstration/Lab)
	4:15-5	Repositioning Through Integrated Isolation (Demonstration/Lab)
	DAY TWO	
	7:45-8	Sign-In and Light Breakfast
	8-9	Myokinematic Functional Relationships





# Postural Respiration

An Integrated Approach to the Treatment of Patterned Thoraco-Abdominal Pathomechanics

## **Course Description**

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the patterned respiration influences on: rib torsion, asymmetrical oblique strength, costal and crural function, habitual use of accessory respiratory musculature, and a positionally restricted diaphragm. The focus of this course will be to assess and restore polyarticular muscular chain function of both hemi-lateral thoraxes and their respective pleura. Treatment interventions including manual and non-manual techniques to restore reciprocal and alternating respiratory and rotational function of the thorax will be covered. Participants will be able to immediately apply PRI clinical assessment and intervention strategies when treating diagnoses that are related to undesirable airflow patterns, such as shortness of breath. thoracic outlet syndrome, and shoulder dysfunction.

## **Course Objectives**

- Recognize relationships between static asymmetrical respiration, ideal physiologic respiration, and patterned respiration.
- Identify how to restore restrictive polyarticular chains and torsional patterns of the trunk through specific manual and non-manual orientation of ventilatory muscle and thoracic osseous structure.
- Recognize how to maximize thoracic scapular force couples, rib alignment, and abdominal-diaphragm muscle integration for appropriate motor and sensory perceptual skill development of the upper extremities.
- Outline how to design a postural isolation and inhibition program that promotes integration of appropriate hemi-thoracic airflow to reduce occupational, leisure, and sleep breathing dysfunction patterns.

#### **Registration & Fees**



In-Person Early \$550 Late \$600



Online Home Study Course \$500

Bundle and Save!

 Purchase the corresponding Non-Manual Techniques PDF or Video Collection for \$200 when registering for this course (\$50 Savings).









## **Course Schedule**

Feb 7-8 Marietta, GA Feb 22-23 Salem, OR Mar 14-15 Bethesda, MD Apr 11-12 Anchorage, AK May 16-17 Norwood, MA Salt Lake City, UT Jul 17-18 Aug 15-16 Houston, TX Sep 26-27 Rochester, MN Oct 3-4 Casper, WY Oct 10-11 Virginia Beach, VA Oct 24-25 Orange, CA Nov 7-8 Scottsdale, AZ Nov 13-14 Lincoln, NE Nov 13-14 Live Stream (())

Enjoy the convenience of taking this course from home as a live stream or online home study! For more information, visit posturalrestoration.com.

	DAY ONE	
	7:30-8	Registration and Light Breakfast
	8-9	Overview of Anterior Interior Chain (AIC), Brachial Chain (BC) and Zone of Apposition (ZOA) Relationships
	9-10	Static Structural Asymmetry and Dynamic Respiratory Influences on Hemi-Diaphragm and Hemi-Thorax Function
	10-10:15	Break
	10:15-11	Patterned Respiration and Associated Airflow
	11-12	Anterior Interior Chain: Muscle and Structure
	12-1	Lunch (on your own)
	1-2	Left AIC Objective Testing (Demonstration)
	2-3	Left AIC Non-Manual and Manual Techniques (Demonstration)
	3-3:15	Break
	3:15-4	Left AIC Objective Testing & Manual Techniques (Lab)
	4-4:30	Brachial Chain: Muscle and Structure
	4:30-5	Overview of Thoracic Mediastinum Function
	DAY TWO	

	DAY TWO	
	7:45-8	Sign-In and Light Breakfast
	8-9:30	Right BC Objective Testing (Demonstration/Lab)
	9:30-10	Postural Respiration Functional Relationships
	10-10:15	Break
	10:15-11	Right BC PRI Treatment Guidelines
	11-11:30	Superior T4 Airflow
	11:30-12	Right Superior T4 and Right Subclavius Manual Techniques (Demonstration)
	12-1	Lunch (on your own)
	1-2	Right Superior T4 and Right Subclavius Manual Techniques (Lab)
	2-3	Left Low Trap/Left Serratus Anterior Non-Manual Techniques

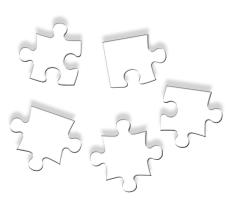


# Pelvis RESTORATION

An Integrated Approach to the Treatment of Patterned Pubo-Sacral Pathomechanics

## **Course Description**

This advanced lecture and lab course is designed to assist clinicians with those complex patients that are struggling to restore reciprocal function of the pelvis. The clinician will gain an appreciation for the influences of an asymmetrical pelvis and how this imbalance contributes to pelvis dysfunction. We will explore in detail the function of the pelvic inlet and outlet as it relates to anatomy, respiration, and asymmetry in a multiple polyarticular chain system. Participants will be able to restore pelvic and respiratory neutrality through a PRI treatment approach while keeping individual activities of daily living in mind.



## **Course Objectives**

- Identify musculature of the pelvic inlet and outlet.
- Explain how the respiratory diaphragm integrates with pelvic diaphragm function and rehabilitation
- Recognize pelvic asymmetry and understand the relationship of pelvic asymmetry and pelvis function required for rest, upright work, and pleasure related activity.
- Identify the recommended treatment algorithm for each PRI pattern pertaining to the pelvis.
- Outline how to design a postural isolation and inhibition program that includes the integration of appropriate pubo-sacral dynamics to restore normal reciprocal pelvic inlet and outlet function.

#### **Registration & Fees**



In-Person Early \$550 Late \$600



Live Stream
Early \$580
Late \$630

Online Home Study Course \$500

Bundle and Save!

 Purchase the corresponding Non-Manual Techniques PDF or Video Collection for \$200 when registering for this course (\$50 Savings).





## Course Schedule

Columbia, MO Jan 31-Feb 1 Feb 21-22 San Jose, CA Lansing, MI Mar 7-8 Scottsdale, AZ Mar 28-29 Lincoln, NE Apr 10-11 Live Stream ((C)) Apr 10-11 May 16-17 San Antonio, TX Aug 1-2 Louisville, KY Sep 12-13 Missoula, MT Sep 26-27 Valencia, CA Oct 24-25 Langhorne, PA Nov 21-22 Hillsboro, OR

Enjoy the convenience of taking this course from home as a live stream or online home study! For more information, visit postural restoration.com.

Cours	e Agenda
DAY ONE	
8-8:30	Introduction to Pelvis Neutrality
8:30-10	Left Anterior Interior Chain (AIC) Influence on the Pelvis
10-10:15	Break
10:15-11:15	Bilateral PEC Influence on the Pelvis
11:15-12	Bilateral Pathologic PEC Influence on the Pelvis
12-1	Lunch (on your own)
1-3	Examination Tests and Assessment (Demonstration)  • Adduction Drop Test • Pelvic Ascension Drop Test • Passive Abduction Raise Test • Standing Reach Test • Functional Squat Test • Hruska Abduction Lift Test
3-3:15	Break
3:15-5	Examination Tests and Assessment (Lab)
DAY TWO	
8-8:30	Pelvis Restoration Functional Relationships
8:30-9:30	Respiratory Influences on Pelvis
9:30 -10	Respiratory Influences on Pelvis (Lab)
10-10:15	Break
10:15-11	Treatment of Pelvis Dysfunction as it Relates to the Bilateral Pathologic PEC Pattern
11-12	Treatment of Pelvis Dysfunction as it Relates to the Bilateral PEC Pattern
12-1	Lunch (on your own)
1-3	Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern
3-3:15	Break
3:15-3:45	Other Treatment Considerations
2.45 5	Coop Ctudios





A Unique Approach to the Treatment of Common Impingement and Instability Through PRI Reference Center Integration

## **Course Description**

This advanced course has been designed to enhance the understanding of the contributing underlying impingement (compression) and instability (malalignment) considerations associated with typical impingement or instability syndromes. Participants will be able to relate and integrate calcaneal (ground) impingement with femoral instability, pelvis impingement and scapula instability or thoracic malalignment. Impingement and instability integration, for ground control and overhead activity, will be introduced using PRI reference centers and frontal plane oscillation. Scapula function will be presented to reduce femoral/ tibia instability, and associated thoracic. calcaneal/talus, and pelvis impingement.

- Prior attendance of Myokinematic
   Restoration, Pelvis Restoration and Postural
   Respiration is required.
- Please visit posturalrestoration.com for more information, including course objectives.

### **Course Schedule**

Jan 9-10 Lincoln, NE Jan 9-10 Live Stream (()) Mar 14-15 Colchester, VT Jun 20-21 Munich, Germany Aug 14-15 Lincoln, NE Live Stream (()) Aug 14-15 Sep 26-27 West Boylston, MA Warner Robins, GA Oct 17-18

#### **Registration & Fees**



Live Stream
((>)) Early \$605
Late \$655

#### Course Agenda

**DAY ONE** 

DATONE	
7:30-8	Registration and Light Breakfast
8-10	An Overview of Human Impingement and Instability as Related to Concepts of PRI
10-10:15	Break
10:15-12	PRI Reference Centers; Frontal Plane Perspectives on Compression
12-1	Lunch (on your own)
1-2	Interferences and Influences on Gait and Ground
2-3	Calcaneal Impingement • Right Calcaneal Eversion • Upright Left Calcaneal-Vestibular Integration
3-3:15	Break
3:15-5	Left AIC and Bilateral PEC Foot Impingement and Patterned Issues
DAY TWO	
7:45-8	Sign-In and Light Breakfast
8-10	Femoral Instability • Forward Locomotor Movement • Overview of Left AIC Pattern Influences on Transverse Plane Function of the Knee
10-10:15	Break
10:15-11	Pelvis Impingement
11-12	Left Pelvis Inlet Adduction Ground Stability; Right Pelvis Outlet Adduction Ground Stability
12-1	Lunch (on your own)
1-2	Hip Impingement  • ASAF  • AMFA  • LSFA
2-3	Scapula Instability
3-3:15	Break
3:15-4:15	Right Scapula Function as Related to Ground-Sense ('Ground-Push'); Scapula Thoracic Stabilization Related to Impingement & Instability
4:15-5	Scapular Compressive Locomotor Movement Non-Manual Techniques
	noctural rectoration co



# Cervical

An Integrated Approach to the Treatment of Patterned Cervical Pathomechanics

## **Course Description**

This advanced lecture and lab course places emphasis on the role the cervical spine plays in the management of cranial function and position. Intercervical, atlanto, occipital, and cranial assessment will help the clinician appreciate occiput, sphenoid and temporal orientation and thus how to proceed in determining what PRI manual or non-manual techniques should be considered. Airway alignment, diaphragmatic demand and arthokinematic correlations will be discussed, as they relate to the left sidebending and right torsion physiologic cranial positions. Specific repatterning techniques will be offered for these two cranial positions of the Right Temporal Mandibular Cervical Chain (TMCC) pattern. An overview of the relationship between cervical neutrality, cranial balance and occlusion will be provided. Participants will be able to immediately apply non-manual techniques to enhance normal functional cervical lordosis, active rotation and freedom for vestibular frontal plane integration.

- Prior attendance of *Postural Respiration* is required.
- Please visit posturalrestoration.com for more information, including course objectives.



#### **Course Schedule**

Jan 23-24 Lincoln, NE
Jan 23-24 Live Stream ((●))
May 15-16 Seattle, WA
Aug 29-30 Bethesda, MD
Sep 11-12 Lincoln, NE
Sep 11-12 Live Stream ((●))

Oct 17-18 Norwood, MA

#### **Registration & Fees**





#### **Course Agenda**

**DAY ONE** 

 7:30-8	Registration and Light Breakfast
8-9:30	Overview of the Cervical-Cranial Complex and Related Evolutionary Concepts
9:30-10	Neurovascular Implications of Cervical Restriction
10-10:15	Break
10:15-10:45	Normal Cervical Tri-Planar Passive Motion
10:45-11:15	Normal Intracervical Spinal Coupling Considerations
11:15-12	Occipital Atlanto (Cranio-Cervical) Joint Function
12-1	Lunch (on your own)
1-3	Cervical Examination Overview and Reasoning (Demonstration/Lab)
3-3:15	Break
3:15-5	Occipital Influences on Temporal Position and the Temporal Mandibular Cervical Chain (TMCC)
DAY TWO	

7:45-8	Sign-In and Light Breakfast
8-10	Cranial Left Sidebending (SB) Physiologic Position
10-10:15	Break
10:15-11	Left SB Non-Manual Technique • Standing Cervical-Cranial Repositioning (Demonstration/Lab)
11-12	Overview of Supportive Left SB Non-Manual Techniques
12-1	Lunch (on your own)
1-2	Cranial Right Torsion Physiologic Position
2-3	Right Torsion Non-Manual Technique • Standing Alternating Reciprocal Cranial Expansion (Demonstration/Lab)
3-3:15	Break
3:15-4	Occlusion as Related to Cervical Neutrality, Airway Alignment and Cranial Balance
4-4:30	PRI Recommended Proprioceptive Occlusal

Overview of Supportive Right Torsion

Non-Manual Techniques

Orthotics

4:30-5

# Advanced Integration

A Comprehensive Overview of PRI Science Integrated in an Advanced Manner

## **Course Description**

This four-day advanced lecture and demonstration course is structured so that clinicians will gain an appreciation for the relationship between pathomechanic and behavioral patterns. It is highly advanced and interactive, and reflects PRI concepts covered in Myokinematic Restoration, Pelvis Restoration and Postural Respiration courses in a system-integrative fashion. Both non-pathologic compensatory and pathologic compensatory issues as they relate to the Left AIC and Right BC pattern will be explored in great detail. Anatomy, examination tests, algorithms, and manual and non-manual respiratory-based techniques will be presented with focus on total body integration of muscle, rather than on individual muscular regions of the body. Participants will be able to immediately apply concepts of synchronous breathing, tri-planar integration, and thoracic scapular integration in the treatment and management of typical compensatory and non-compensatory musculoskeletal patterns, and pathologic and non-pathologic curvature of the spine, including intervention with daily occupational demands and challenges. This course enables the participant to advance integration of PRI concepts and principles by taking into consideration all patterned muscles outlined in the PRI Primary Courses.

- Prior attendance of Myokinematic Restoration, Pelvis Restoration and Postural Respiration is required.
- A certificate for 30 contact hours will be awarded to attendees upon completion of the course.

## **Course Objectives**

- Recognize the sequential relationship between restored left AF IR and right apical expansion.
- Describe how to apply manual techniques, integrating specific reasoning and influences on PRI testing outcomes.
- Examine the role of the respiratory system and cycle on frontal and transverse planes of activity.
- Outline PRI tri-planar anatomical muscle function and anatomy families.
- Identify the influences of thoracic kinetic energy and movement patterns on kinematics of the forward locomotor movement cycle.
- Explain how human development is impacted by human asymmetry and etiopathogenesis of three dimensional spinal and torso torsional deformity.
- Identify how to integrate and facilitate PRI
  position and pattern concepts in the treatment
  of idiopathic curvatures of the spine, keeping
  activity demands, performance patterns, and
  environmental issues in mind.
- Outline how to design an integrative plan, that utilizes PRI concepts to maximize thoracic, abdomen, and pelvis symmetry and alternation with extremity reciprocal activity in daily living.





## Course Schedule

Dec 3-6 Lincoln, NE

Dec 3-6 Live Stream (())

#### **Registration & Fees**



In-Person Early **\$970** Late \$1,020



**Live Stream** Early **\$1,000** Late \$1,050

## **Speakers**



Ron Hruska MPA, PT



**Kasey Ratliff** PT, DPT, PRC



**Lori Thomsen** MPT, PRC



**Dan Houglum** MSPT, ATC/L, PRC



Jean Massé PT, DPT, PRC, OCS, ATC



Lisa Mangino PT, DPT, C/NDT, SBS-C2, PRC

#### Course Agenda

7:30-8

#### DAY ONE: SYNCHRONOUS BREATHING - SAGITTAL REPO-SITIONING OF ZOA Registration and Light Breakfast

8-10	Introduction; Overview of PRI Basic Dynamic (Movement) Concepts
10-10:15	Break
10:15-12	Overview of Respiratory Position and Septal Symmetry
12-1	Lunch (on your own)
1-3	Breathing – Acquiring a ZOA and Posterior Mediastinum Inhibition; Top Integration Concepts
3-3:15	Break

Temporal, Sphenoid and Occipital Rotation Overview of PRI Polyarticular Chain 4:30-5 Relationships and Pathology

3:15-4:30 Cranial Sagittal Respiration as Related to

#### DAY TWO: TRI-PLANAR ACTIVITY - FRONTAL AND TRANS-**VERSEINTEGRATION**

Sign-In and Light Breakfast

7.10 0	Oight in and Eight Droamage
8-9	Tri-Planar PRI Concepts
9-10	Pelvic and Thoracic Diaphragm
10-10:15	Break
10:15-12	Left AIC and Bilateral PEC Pelvis Restoration Clinical Integration
12-1	Lunch (on your own)
1-3	Frontal Plane Assessment; Overview of Adduction and Abduction Concepts
3-3:15	Break
3:15-4:15	Integrating PRI 'Families' of Muscle
4:15-5	Piriformis Syndrome and Ilio-Sacral Joint Dysfunction as Related to Transverse Reciprocal Activity

#### DAY THREE: THORACIC INTEGRATION - FLEXION

7:45-8	Sign-In and Light Breakfast
8-10	Thoracic Scapula Forward Locomotor Movement Kinematics
10-10:15	Break
10:15-12	Overview of Posterior Mediastinum Function
12-1	Lunch (on your own)
1-2	Superior T4 Syndrome
2-3	BC and Thoracic Scapular Non-Manual Techniques
3-3:15	Break
3:15-4	Upright Integrative Techniques
4-5	Thoracic Rotation Activities

#### DAY FOUR: CURVATURE OF THE SPINE

	7.45 0	oigir irrana Light breaktast
	8-9	Pattern vs. Position
	9-10	Development of Curvature of the Spine
	10-10:15	Break
	10:15-11:15	Adolescent Idiopathic Scoliosis Treatment
	11:15-12	Introduction to Scoliosis for PRI Practitioners
	12-1	Lunch (on your own)
	1-3	Scoliosis Screening, Curve Classifications, Evaluation and Treatment Focus
	3-3:15	Break

Sign-In and Light Breakfast

3:15-4:30 Scoliosis Management

4:30-5 **Kyphosis** 

7.45-8



An Integrated Approach to Optimizing Functional Development and Upright Growth

## **Course Description**

This advanced lecture and demonstration course is designed to assist physical therapists, occupational therapists, speech and language pathologists and members of the pediatric interdisciplinary team, in obtaining optimal outcomes for humans that are developing and growing dysfunctional patterns of movement-based, cognitive, communicative, proprioceptive and kinesthetic behavior. A comprehensive overview of assessment and treatment of conventional growth and developmental sensory motor sequences and associated sensory integration principles will help the attendee understand the importance of considering how to integrate ten Postural Restoration® developmental sensory motor sequences, when and wherever possible, with the seven identified Postural Restoration® developmental processes. Overview of how to apply the developmental processes to age-appropriate sensory motor sequencing will be strengthened through table formats and case presentations. Pediatric specific PRI non-manual techniques for sensory integration processing of the right AIC and left BC will help optimize compliance and interest in humans of all ages that are experiencing developmental and upright growth, present and past, neuro-integrative challenges.

- Prior attendance of *Postural Respiration* is required.
- Please visit posturalrestoration.com for more information, including course objectives.

## **Course Schedule**

Feb 27-28 Lincoln, NE
Feb 27-28 Live Stream ((○))
Sep 25-26 Lincoln, NE
Sep 25-26 Live Stream ((○))
Oct 24-25 Anchorage, AK

#### **Registration & Fees**



In-Person Early \$575 Late \$625



DAY ONE	
7:30-8	Registration and Light Breakfast
8-8:30	Introduction and Overview of the Course
8:30-10	Traditional Definitions and Theories of Movement Development
10-10:15	Break
10:15-12	Postural Restoration® Developmental Sensory Motor Sequences (PRDSMS's
12-1	Lunch (on your own)
1-2	Postural Restoration® Principles as Related to Sensory Motor Growth and Development
2-3	Postural Restoration® Developmental Processes (PRDP's)
3-3:15	Break
3:15-5	Table Overview for Cross Reference of PRDP's and PRDSMS's for Typical Development, Processing, and Treatment Ideas Based on PRI Principles of Evolution

DAY TWO	
7:45-8	Registration and Light Breakfast
8-9	Review and Questions from Day One & Completion of Table Overview for Cross Reference of PRDP's and PRDSMS's for Typical Development, Processing, and Treatment Ideas Based on PRI Principles of Evolution
9-10	Case Example of a Child with Right Hemiplegic Spastic CP
10-10:15	Break
10:15-11	Case Example of a Child with Left Hemiplegic CP
11-12	Case Example of a Toddler with Gross Motor Delay
12-1	Lunch (on your own)
1-2	Case Example of a Teenager S/P Knee Surgery
2-3	Case Example of an Adult with Hypermobility/EDS, Trauma, & Multi- Joint Pain
3-3:15	Break
3:15-4	Case Example of an Adult in Need of Multi-Sensory Integration
4-5	Case Examples of Adolescents with Scoliosis



# Primary Non-Manual Workshop Techniques

## **Course Description**

This workshop is designed to offer the attendee, who has taken the PRI primary courses, the opportunity to further understand the intricacies of the PRI non-manual techniques. Each primary course has specific non-manual technique programs designed to isolate, inhibit and integrate muscle when repositioning and repatterning. Guidance will be offered for appropriate integrative cueing, technique instruction and modification, reference center identification, and progression/regression based on neuromuscular demand of the techniques. This workshop will allow the attendee to engage in intensive discussion and application of several non-manual techniques, including a limited number of participant-selected techniques.

 Prior attendance of Myokinematic Restoration, Pelvis Restoration and Postural Respiration is required.

## **Course Objectives**

- Outline the organizational layout of the PRI Non-Manual Techniques based on neuromuscular demands and challenges.
- Identify additional cueing, referencing and modification strategies when instructing PRI Non-Manual Techniques, to maximize inhibition, isolation and integration.
- Select appropriate techniques for progression and regression based on patient/client performance and limitations.
- Describe the importance of sensing reference centers when instructing integration techniques.
- Recognize position-appropriate techniques, and when to change position based on functional outcome.

### Course Schedule

Jan 30-31 Jan 30-31 Lincoln, NE
Live Stream (())

Registration & Fees



In-Person Early \$575 Late \$625



Live Stream
Early \$605
Late \$655

DAY ONE	
7:30-8	Registration and Light Breakfast
8-9	Overview of the PRI Non-Manual Technique Program's Organizational Layout
9-10	'Position' Decision Making
10-10:15	Break
10:15-12	Reference Center Integration
12-1	Lunch (on your own)
1-3	Myokinematic Restoration Techniques
3-3:15	Break
3:15-5	Pelvis Restoration Techniques

DAY TWO	
7:45-8	Sign-In and Light Breakfast
8-10	Postural Respiration Techniques
10-10:15	Break
10:15-12	Integration Techniques
12-1	Lunch (on your own)
1-3	Integration Techniques
3-3:15	Break
3:15-5	Integration Techniques





# CRANIAL RESOLUTION

An Integrated Approach to the Treatment of Autonomic and Central Nervous System Dysfunctional Oscillation

## **Course Description**

This advanced course focuses on how our cranial structures, the cerebral, midbrain and cerebellar regions, that are responsible for underlying ANS tension and CNS tone, can be self-regulated through oscillatory integration of rhythmic function and alternating cycles of sense. Discussion and demonstration on how postural adaptation to compensatory patterning can be resolved through lateralization of neural rhythms. Anatomical relationships between autonomic and central nervous system interplay will be clinically outlined and supportive research on how to resolve cranial-generated physiological conflict and cortical sensory-motor function will strengthen the understanding principles behind thoracic cranial technique recommendations. This course outlines how pressure regulation by the palatopharyngeus muscle, the pterygopalatine fossa and the palatine aponeurosis requires temporal and occlusal oscillation; in order to prevent over lateralized use of these areas and thus dysafferentation and over-convergence of occlusion, hearing, sight, and sound production.

- Prior attendance of *Cervical Revolution* is required.
- Please visit posturalrestoration.com for more information, including course objectives.



Mar 20-21 Lincoln, NE
Mar 20-21 Live Stream ((●))
Oct 23-24 Lincoln, NE
Oct 23-24 Live Stream ((●))
Nov 20-21 Seattle, WA

#### **Registration & Fees**



Live Stream
Early \$630
Late \$680

DAY ONE	
7:30-8	Registration and Light Breakfast
8-10	Overview of Postural Issues Related to the Brain's Lateralization, Hemispheric Specialization and the Autonomic and Central Nervous System's Influence on Physiologic and Breathing Patterns
10-10:15	Break
10:15-11	Implications of Lateralized Rhythms and Examples of How to Use PRI Non-Manual Techniques to Diminish Lateralized Sympathetic Tone
11-12	Cranial Adaptative Behavior Related to Lateralized References, Postural CNS Afferentation and Compensation
12-1	Lunch (on your own)
1-3	Human Patterned Compensation
3-3:15	Break
3:15-5	Behavior Related to Centered Pressure Perception, ANS Dysafferentation and Convergence from Auditory, Visual, Speech, and Dental Processing
DAY TWO	

DAY TWO		
7:45-8	Sign-In and Light Breakfast	
8-9	Vergence and Palatine Neutrality	
9-10	Cranial Centric Relation, Sinus Cavity and Pharyngeal Diameter Considerations and Coincidence with Bronchi Diameter	
10-10:15	Break	
10:15-11	Palatine Bone Anatomical Relationship to Autonomics and Occlusion	
11-12	'Centric Relation' Relationship to the Sphenoid and Septal Influences on Autonomic Function	
12-1	Lunch (on your own)	
1-2:30	Resolving Cranial-Generated Physiological Conflict with Postural Imbalanced CNS Sense Through Sacral Cranial Re-Sensing of Position	
2:30-3	Discussion Related to Long Seated PRI Techniques to Reduce Cranial Thoracic Foundational Regulation	
3-3:15	Break	
3:15-4	Cranial Oscillatory Alternation and Coherent Bipedalism	
4-4:30	Resolving Postural-Related Dysfunctional Autonomic Behavior and Physiology Through Thoracic Cranial Function	
4:30-5	Optimizing Re-Occlusal Outcomes Through Integration of Specific PRI Non-Manual, Orthotic-Based Activity	



# Occlusal Cervical

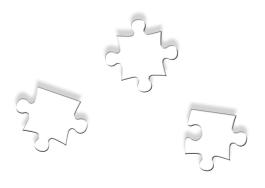
Restoration

An Interdisciplinary Approach to the Treatment of Patterned Occlusal Pathomechanics

## **Course Description**

This advanced course is designed to assist health care professionals, including dentists and orthodontists, who are interested in addressing the implications and corollaries associated with cervical alignment and dental occlusion. Optimizing bilateral occlusal sense of molar and canine function, both through the use of PRI oral orthotics and dental intervention, to improve both centric mandibular function and cervical alignment, is addressed through the presentation of assessment of patterned occlusion and associated cervical spine orientation, and through the outline of integrated interdisciplinary intervention of the more commonly seen occlusal pathomechanics and malocclusion cases.

- Prior attendance of Cervical Revolution is required.
- Please visit posturalrestoration.com for more information, including course objectives.



### Course Schedule

May 29-30 Lincoln, NE
May 29-30 Live Stream ((♠))
Sep 19-20 Chapel Hill, NC
Nov 6-7 Lincoln, NE
Nov 6-7 Live Stream ((♠))

### **Registration & Fees**



**DAY ONE** 

7.20 0

Live Stream ((▶)) Early \$630 Late \$680

### **Course Agenda**

	7:30-8	Registration and Light Breakfast
	8-10	Opening Remarks Regarding Body and Oral Mechanics
	10-10:15	Break
	10:15 -10:30	Right Temporal Mandibular Cervical Chain (R TMCC)
	10:30-11	Mandibular, Occipital, Neck and Hyoid Influence on Sphenoid and Maxilla Occlusal Authority
	11-11:30	Overview of Upright Characteristics of Static, Accommodating Human Patterned Mandibular Behavior and Possible Compensatory Temporal Mandibular Behavior
	11:30-12	Conscious Sense of Occlusion to Reduce Undesirable Behavior of Unconscious Clenching
	12-1	Lunch (on your own)
	1-3	Patterned Occlusal Pathomechanics and Their Possible Underlying Biomechanical Considerations • Crossbites • Open Bites • Crowded Teeth • Intorsion
	3-3:15	Break
	3:15-5	Temporal and TMJ Influences on Occlusal Interferences and Orientation
	DAY TWO	
	7:45-8	Sign-In and Light Breakfast

Registration and Light Proakfast

	7:45-8	Sign-In and Light Breakfast
	8-9	Prevalent Human Patterned Body, Neck, Head and Oral Posture Associated with Poor Bilateral Appendage Integration
	9-10	Cranial Alternation
	10-10:15	Break
	10:15-11	Calcaneal - Canine Communication
	11-12	Mandibular – Molar Mastication
	12-1	Lunch (on your own)
	1-2	Occlusal Tests and Reasoning
	2-3	PRI Occlusal Orthotics
	3-3:15	Break
	3:15-5	Occlusal Cervical Case Presentations

## **VOICE BOX** RESONATION

An Integrated Approach in the Management of Hypopharyngeal Dysfunction

## **Course Description**

Vocal fold vibration, or oscillation, is the source for our sound, identity, pressure gradient (pulmonary, acoustic, and thoraco-abdominal) and communication (vocal expression). This course will outline vocalization and associated extrinsic postural voice muscle function considerations, when using PRI methodology, to enhance alignment and arrangement of muscle and soft tissue of the hypopharyngeal regions. Recognizing malalignment patterns of paired aligned muscles of the mouth and neck will assist in developing programs for vocal resonance that reflects cervical neutrality and a relaxed hypopharynx. An overview on muscles that position the vocal folds in the midline, on how asymmetry of the neck and shoulders or restrictive respiratory dysfunction can disrupt normal vocal fold function, and on how vocal fold tension can influence upper quadrant tension and pressure, will be provided. The purpose of this course is to enhance unobstructed passage of sound through the various shapes formed by the oropharynx for vowel sounds and to enhance the air pressure built up behind over obstructions created by structures of the mouth to create consonant sounds that reinforce both balanced, acceptable associated posture of the stomatognathic and respiratory systems. Limited discussion, regarding velopharyngeal dysfunction (VPD) or nasality, and hypokinetic dysarthria (HD) will be included. Management of laryngeal/vocal cord dysfunction (VCD) will include 'blowing', 'sucking', speech resonance and glottal control recommendations incorporating PRI philosophy and techniques. Case presentations will be discussed and outlined treatment reasoning will be provided, along with laryngeal based techniques that incorporate PRI applications.

- Prior attendance of Cervical Revolution is required.
- Please visit posturalrestoration.com for more information, including course objectives.



Lincoln, NE Mar 6-7 Mar 6-7 Live Stream (())

Aug 28-29 Lincoln, NE

#### **Registration & Fees**



**DAY ONE** 

Aug 28-29

In-Person Early **\$600** Late \$650

**Live Stream** Early **\$630** Late \$680

Live Stream (( ))

#### Course Agenda

7:30-8	Registration and Light Breakfast
8-9	Introduction to Pulmonary Phonation
9-10	Overview of the Vocal Tract as a Resonator
10-10:15	Break
10:15-12	Hypopharynx Structures and Position • Intrinsic Muscles • Extrinsic Muscles
12-1	Lunch (on your own)
1-1:30	Pelvis Relationships to the Laryngopharynx
1:30-2	Development of the Vocal Tract and Upper Respiratory Tract
2-3	Resonance, Resonance Disorders and Resonance Dysfunction
3-3:15	Break
3:15-4	The Larynx, Laryngeal Dysfunction and Vertical Laryngeal Position
4-5	Subglottal Pressure Regulation and

DAY TWO	

3-3:15

4:30-5

	Alveolar Articulation
DAY TWO	
7:45-8	Sign-In and Light Breakfast
8-8:30	Glottal Control Pressure Influence on Postural Patterns
8:30-9:30	Cervical – Laryngeal Functional Relationships • Hypopharyngeal Imbalance • Vocal Cord Dysfunction • Spasmodic Dysphonia
9:30-10	Mandibular Freedom and Vibrato Expression
10-10:15	Break
10:15-12	Soft Palate Tightness and Cervical Torsion on Hypernasal Speech, Velopharyngeal Dysfunction/ Insufficiency, Patulous Eustachian Tube
12-1	Lunch (on your own)
1-2	Neuro-Therapeutic Considerations of Acoustic Aerodynamics, Phonation and Intonation; Neuronal Entrainment of Motor Speech Areas
2-3	Hemi-Kinesphere Consonance PRI

Concluding Remarks on Vocal Expression and Space

Techniques

Break

3:15-4:30 Case Presentations



## Forward Locomotor Movement

An Introspective Approach to the Treatment of Functional Cortical Predominance

## **Course Description**

This course offers the attendee an opportunity to reexamine 'gait', 'ambulation', 'walking', 'bipedalism', and 'locomotion' by addressing the cortical coordination of the human limbs that are responsible for individual forward locomotor movement patterns. Neurological and physiological dominance is designed around introspective habituation and compensation, that reflects physical predominant hemispheric loading and cortical hemi-spatial flow. A comprehensive, and up to date, review of literature and research on cortical dominance and associated pre-existing dominance factors that define interlimb and intralimb interaction during forward movement of the body, is offered. Arm and leg control, and overall associated motor function of human swing, support and propulsion will be addressed through asymmetrical gravitational balance effort and anti-gravitational eccentric considerations. Both, arm and leg control, and function in human locomotion, will be dissected and described, as a novel introduction to integrated upper and lower extremity movement, hemi-spatial awareness and hemi-chest activity will be outlined, for all phases of forward locomotor. movement. Clinical recommendations for individual introspection of forward locomotor movement will be provided throughout the course. Eccentric control of functional cortical predominant patterned limitations on locomotor movement, along with multisystem guidelines for reweighting balance through limb use, will be provided through the use of PRI non-manual technique application.

- Prior attendance of Myokinematic Restoration, Pelvis Restoration, Postural Respiration and Impingement & Instability is required.
- Please visit posturalrestoration.com for more information, including course objectives.

## **Course Schedule**

May 2-3 I Jun 27-28 I

Newton, MA Munich, Germany

Nov 20-21 Nov 20-21 Lincoln, NE Live Stream (())

#### **Registration & Fees**



**DAY ONE** 

In-Person Early \$600 Late \$650



Live Stream
Early \$630
Late \$680

7:30-8	Registration and Light Breakfast
8-8:30	Introduction
8:30-9	Ten Requirements Necessary for Balanced Forward Locomotor Movement
9-10	Predominant Influences on Human Locomotor Movement
10-10:15	Break
10:15-11	Four Recurring Requirements for Balanced Forward Locomotor Movement That Are Possibly Limited by Functional Cortical Dominant Interlimb and Intralimb Patterning
11-12	Locomotor Movement Flow Requirements
12-1	Lunch (on your own)
1-3	The Visual Phases of Gait
3-3:15	Break
3:15-5	Functional Cortical Dominance
DAY TWO	
<b>DAY TWO</b> 7:45-8	Sign-In and Light Breakfast
	Sign-In and Light Breakfast  Vertical and Horizontal Pendulum  Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor  Movement
7:45-8	Vertical and Horizontal Pendulum Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor
7:45-8 8-9	Vertical and Horizontal Pendulum Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor Movement Hruska Hemispheric Components, Stages, and Elements of Forward
7:45-8 8-9 9-10	Vertical and Horizontal Pendulum Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor Movement Hruska Hemispheric Components, Stages, and Elements of Forward Locomotor Movement
7:45-8 8-9 9-10	Vertical and Horizontal Pendulum Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor Movement Hruska Hemispheric Components, Stages, and Elements of Forward Locomotor Movement Break Chest Wall Kinematic Influence on
7:45-8 8-9 9-10 10-10:15 10:15-12	Vertical and Horizontal Pendulum Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor Movement Hruska Hemispheric Components, Stages, and Elements of Forward Locomotor Movement Break Chest Wall Kinematic Influence on Forward Locomotor Movement
7:45-8 8-9 9-10 10-10:15 10:15-12	Vertical and Horizontal Pendulum Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor Movement Hruska Hemispheric Components, Stages, and Elements of Forward Locomotor Movement Break Chest Wall Kinematic Influence on Forward Locomotor Movement Lunch (on your own) Arm Control and Function in Human
7:45-8 8-9 9-10 10-10:15 10:15-12 12-1 1-3	Vertical and Horizontal Pendulum Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor Movement Hruska Hemispheric Components, Stages, and Elements of Forward Locomotor Movement  Break Chest Wall Kinematic Influence on Forward Locomotor Movement Lunch (on your own) Arm Control and Function in Human Locomotion



## Visual Vestibular

## REFINEMENT

An Interdisciplinary Approach in the Intervention of Patterned Visual Orientation and Vertical Perception

## **Course Description**

This course will outline the role the human eyes play in centering the head and body, in standing, based on the guidance, or misguidance, of somatic information provided to the brain. The attendee will be provided information on the most common visual postural related implications related to visual heterophorias, strabismus, seated versus standing astigmatism axis inconsistencies and higher degrees of amblyopia. Understanding both physical and somatic symptomology related to this visual vestibular automaticity, will help the practitioner refine and modify both optometric treatment and upright postural guidance. Guidelines on how to work with an optometrist and recommendations to improve standing postural orientation and to de-stress binocular rivalry, of both the Lasik and non-Lasik patient, will be offered for these binocular conditions listed above. Considerations for the patient who demonstrates persistent unilateral biased functional dominance in stages of forward locomotor movement and subjective visual vertical testing, will also be discussed.

- Prior attendance of *Cervical Revolution* is required.
- Please visit posturalrestoration.com for more information, including the course agenda which is coming soon!



#### Course Schedule

Mar 28-29 Chapel Hill, NC Oct 2-3 Lincoln, NE

Oct 2-3 Live Stream (( ))

#### **Registration & Fees**



DAY TWO

In-Person
Early \$600
Late \$650

((**•**))

Live Stream
Early \$630
Late \$680

### **Course Agenda**

DAI UNE	
7:30-8	Registration and Light Breakfast
8-10	Introduction  • Vergence and Adduction  • Heterophoria and Expansion  • Binocular Perception and Balance

10-10:15 Break

10:15-12 Visual Prescription and Vestibular Perception Considerations
• Interoception and Exteroception as Related to Gravity and Sight
• Visual Neuroplastic Cognition

Visual Neuroplastic Cognition
 Lunch (on your own)

1-3

Visual Prescription and Vestibular Perception Considerations
 Bistable Perception
 Cerebellar Processing of Motor Control as Related to Visual

Neuroplastic Cognition
• Subjective Visual Vertical, Stereopsis, and Visual Midline Shift Perception

3:00-3:15 Break
3:15-5 Visual Conditions That May Influence
Upright Midline Metrics

DALLING	
7:45-8	Sign-In and Light Breakfast
8-10	Motion Health and Equilibrium; Cortical Visual and Vestibular Function as Related to Movement
10-10:15	Break

10:15-12 The Vestibular System and Spatial Orientation; The Connection Between Movement of the Foot and the Eye

12-1 Lunch (on your own)

1-3 Visual Vertical Testing
• The Utricle and Balance
• Subjective Visual Vertical Test (SVVT)
vs PRI Subjective Visual Vertical Test
(PRI SVVT)

• PRI SVVT Procedure (Demonstration)
3-3:15 Break

3:15-4:30 Visual Vertical Post Refraction Refinement Techniques 4:30-5 Summary and Questions

\*Case studies will be included in the course manual and covered intermittently throughout the course, time permitting.



# **PRI**Interdisciplinary Studies Summit

A time to connect, learn, and socialize with one another.

#### **Schedule**

Apr 23-24

Lincoln, NE

### **Registration & Fees**



In-Person Early \$575 Late \$625



## **Description**

The word 'interdisciplinary' reflects activity that analyzes, synthesizes, and harmonizes links between disciplines into a coordinated and coherent whole. Or, simply put, it means "relating to more than one branch of knowledge." This annual Summit is not centered around one topic or theme, but rather it is two days of presentations on multiple areas of study, for attendees interested in PRI who want to explore how multiple areas of study intersect with one another. This Summit allows those with common interest to come together from any field and converge on shared research, a common problem, or professional experience. It provides opportunities for interdisciplinary collaboration, dialogue, and connection across the PRI community. Not only is this an opportunity for you to be involved in the learning and application

of PRI supportive, evidence-based practice in novel settings, but this Summit provides you the opportunity to present on a specific topic for the PRI community. We invite you to join us annually in Lincoln, Nebraska with other members of the PRI community, where PRI interest can be intersected at this PRI Interdisciplinary Studies Summit.

\*Please note that the Annual Summit is inperson only and is not available via live stream. Social events are scheduled on both evenings.

- Please visit posturalrestoration.com for more information, including speaker bios, presentation descriptions, and objectives.
- Interested in presenting at next year's Summit?
   Visit our website for more information.
   Abstracts are due by July 15th.

#### **Agenda**

DAY ONE				
	8-8:15	Opening Remarks by Ron Hruska		
	8:15-9:45	Brain vs. Body: Part 2 (Dan Houglum, MPT, ATC/L, PRC and Donna Parise Byrne, PT, PRC, NCPT)		
	9:45-10	Break		
	10-11:30	Re-Orientation Through the Right Hemisphere (Colby Mamigonian, CSCS, CPT, PRT)		
	11:30-12:30	Lunch (on your own)		
	12:30-2	Restoring Rhythms: Dance for Parkinson's Disease (Debra Giordano, Dance & Movement Instructor and Samantha Dauer, Dance & Pilates Instructor)		
	2-3:30	The Ripple Effects of Alignment: Postural Restoration® to Support Bowel Health, Anxiety and Pregnancy Outcomes (Deanna Elliott, PT, DPT, PRC)		
	3:30-3:45	Break		
	3:45-5:15	The Ripple Effects of Fear: How Clearing Somatic Fear with Cognomovement Improves Pregnancy, Birth Outcomes, Maternal Well-Being, and Child Development (Liz Larson, Cognomovement Co-Founder & Master NLP Practitioner)		

#### **DAY TWO**

8-9:30 Unraveling the Perimenopause Puzzle: Hormone Withdrawal, ANS Dysregulation, and Dutch Test Insights (Lori Thomsen, MPT, PRC & Dr. Heather Elton, DC, DCBCN)

#### 9:30-9:45 Break

9:45-11:15 The Neuroenergetic Interplay of Mind and Body: Rewiring Breathing Patterns, Belief Systems, and Postural Mechanics (Julie Blandin, PT, ATC, CSCS, PRC)

11:15-12:45 The Silent Storm: An Interdisciplinary, Case-Led Approach to Dysautonomia Management (Jason Masek, MPT, ATC, CSCS, PRC)

12:45-1:45 Lunch (on your own)

1:45-3:15 From Shrinking Jaws to Expanding Airway Care: What PRI® Clinicians Should Know About Modern Dental Sleep Medicine and Otolaryngology (Ryan Leary, DDS)

3:15-3:30 Break

3:30-5 Weaving Miniscrew-Assisted Rapid Palatal Expansion (MARPE), Unilateral Bite Blocks and Postural Restoration® to Boost Airflow, Balance Occlusion and Bring 3-Dimensional Breath to Life (Dr. Lupita Roca, DDS, QOM & Heather Carr, DPT, PRC, MTC, OCS, NTP)

## **Course Resources**





## Non-Manual Technique Collections

These two collections were created to help you maximize PRI Non-Manual Technique application in your desired setting!

Non-Manual Technique PDF Collections
Easily download and print (or email) PDF
handouts of the PRI Non-Manual Techniques
for your patients, athletes or clients! PRI primary
courses have a corresponding Non-Manual
Techniques CD (or Digital Download) Collection
that is organized by muscle, inhibition and
integration and placed in an order in which you
would want to isolate, inhibit or integrate.

Non-Manual Technique Video Collections
You can now have access to a video program
for each of the three primary courses Top 10
Repositioning Techniques, in addition to our
newest program featuring the Top PRI Alternating
and Reciprocal Techniques. Within each PRI NonManual Technique Video Program, you will find
three videos for each technique. The first video
is the full combined video of the technique step
by step instruction, in addition to a 'prescience'
discussion of the technique by Ron Hruska. The
second video is the 'prescience' discussion only,
and the third video only includes the technique



#### **Manual Techniques Collection**

step by step instruction.

PRI Manual Techniques are available on video!

Nearly two hours of video including
demonstration, instruction and explanation
of each manual technique is provided by Ron
Hruska. This information compliments PRI course
instruction and desired PRI clinical application,
progression and outcomes. Written instruction
for each manual technique is also provided in a
printable format.







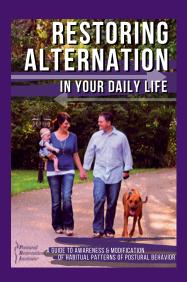
#### PRI Video for You (PRIVY)

Discover our video subscription platform featuring episodes of Ron and other PRI faculty, speakers, staff, or credentialed providers discussing topics related to PRI course material, case study management, manual and non-manual techniques, and interdisciplinary integration.

A new episode is added weekly exploring a variety of topics, and generally ranging in length from 20-50 minutes. As a subscriber, you will receive access to videos from the time you sign up, in addition to videos posted up to 30 days prior for a fee of \$37/month or \$360/year (savings of \$84).

Now in its seventh year of existence, we have a growing collection of over 425 episodes! Additional episodes from the months preceding your subscription start date can be purchased. Visit privideoforyou.com for more information, including free trial videos!

Individual episodes are also available for purchase!



# "Restoring Alternation" A Guide to Awareness & Modification of Habitual Patterns of Postural Behavior

This guide has been put together to help bring awareness to the activities that we perform regularly in our daily lives. This 16-page guide outlines several daily activities which are commonly performed in dominant or patterned positions, and demonstrate alternate ways and instruction to perform them. Copies of this guide can be purchased through the Institute, to provide and discuss with your patients and clients, the importance of decreasing the overdominance of one side of the body, and using both your left and right sides with alternation and balance. Customization, including your business logo and contact information is available on the back cover of the guide.

Visit posturalrestoration.com/products for more information or to order online!



PRSRT STD US POSTAGE PAID OMAHA, NE PERMIT NO. 498

| Postural | Restoration | Institute® | 5255 R Street | Lincoln, NE 68504

posturalrestoration.com