

2027 Programs & Courses

posturalrestoration.com

Postural Restoration Institute®

Left Arm Swing

Stepping and arm swing are stereotyped movements that require coordination across multiple muscle groups. Patterns of limited interlimb coordination have been shown to occur during asymmetrical arm reaching movements. Degrees of interlimb decoupling depend on the magnitude of the interlimb difference in distance. The greater the differentiation between the limbs, the greater the asymmetry.

The predominance of neural control of interlimb coordination from right arm and left leg swing during forward locomotion reinforces predominate patterned directional asymmetry. Consider making this a year of recognizing how PRI non-manual techniques incorporate and enhance left arm swing movement, and associated sense of movement that enhances balanced interlimb decoupling and indifference, for the reduction of predominant asymmetrical influence on postural performance.



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2027 Course Schedule

PRIMARY COURSES

Myokinematic Restoration

Mar 6-7	Santa Clara, CA
Mar 13-14	Bethesda, MD
Mar 19-20	Lincoln, NE
Mar 19-20	Live Stream ((●))
Apr 10-11	Long Island, NY
Apr 17-18	Toledo, OH
Jun 19-20	Munich, Germany
Jul 10-11	Conway, SC
Aug 14-15	Nashville, TN
Aug 21-22	Casper, WY
Sep 17-18	Lincoln, NE
Sep 17-18	Live Stream ((●))
Oct 9-10	Jefferson, NC
Nov 5-6	Seattle, WA
Nov 13-14	Langhorne, PA

Postural Respiration

Feb 20-21	Deerfield, IL
Feb 27-28	Valencia, CA
Mar 6-7	West Boylston, MA
Mar 13-14	Louisville, KY
Apr 10-11	Langhorne, PA
May 22-23	Olympia, WA
Aug 7-8	Sydney, Australia
Sep 11-12	Boulder, CO
Sep 18-19	Bedford, TX
Oct 1-2	Lincoln, NE
Oct 1-2	Live Stream ((●))
Oct 23-24	Albuquerque, NM
Nov 6-7	Santa Clara, CA

Pelvis Restoration

Feb 6-7	San Francisco, CA
Feb 27-28	Austin, TX
Mar 20-21	Boston, MA
Apr 10-11	Boulder, CO
Apr 16-17	Lincoln, NE
Apr 16-17	Live Stream ((●))
May 22-23	Chapel Hill, NC
Jun 26-27	Munich, Germany
Aug 14-15	Edmonton, AB
Aug 28-29	Bethesda, MD
Sep 25-26	Brentwood, MO
Oct 9-10	Deerfield, IL
Oct 22-23	Lincoln, NE
Oct 22-23	Live Stream ((●))

SECONDARY COURSES

Impingement & Instability

Jan 8-9	Lincoln, NE
Jan 8-9	Live Stream ((●))
Mar 6-7	Virginia Beach, VA
Aug 13-14	Lincoln, NE
Aug 13-14	Live Stream ((●))
Sep 11-12	Chicago, IL
Oct 16-17	New York, NY

Cervical Revolution

Jan 22-23	Lincoln, NE
Jan 22-23	Live Stream ((●))
Feb 20-21	New York, NY
Mar 20-21	Quincy, IL
May 22-23	San Antonio, TX
Aug 14-15	Sydney, Australia
Sep 10-11	Lincoln, NE
Sep 10-11	Live Stream ((●))
Oct 23-24	West Boylston, MA

Human Evolution

Feb 26-27	Lincoln, NE
Feb 26-27	Live Stream ((●))
Aug 27-28	Lincoln, NE
Aug 27-28	Live Stream ((●))
Oct 9-10	Virginia Beach, VA

Advanced Integration

Dec 2-5	Lincoln, NE
Dec 2-5	Live Stream ((●))

Primary Non-Manual Techniques Workshop

Jan 29-30	Lincoln, NE
Jan 29-30	Live Stream ((●))

TERTIARY COURSES

Cranial Resolution

Mar 12-13	Lincoln, NE
Mar 12-13	Live Stream ((●))
Sep 25-26	Valencia, CA
Nov 6-7	Boston, MA

Occlusal Cervical Restoration

Mar 6-7	Wayne, PA
Apr 9-10	Lincoln, NE
Apr 9-10	Live Stream ((●))
Oct 15-16	Lincoln, NE
Oct 15-16	Live Stream ((●))

Voice Box Resonation

Apr 3-4	Colchester, VT
Aug 20-21	Lincoln, NE
Aug 20-21	Live Stream ((●))

Forward Locomotor Movement

Apr 3-4	Orange, CA
May 21-22	Lincoln, NE
May 21-22	Live Stream ((●))
Oct 23-24	Chapel Hill, NC

Visual Vestibular Refinement

May 14-15	Seattle, WA
Sep 24-25	Lincoln, NE
Sep 24-25	Live Stream ((●))

ANNUAL SUMMIT

Interdisciplinary Studies Summit

Apr 29-30	Lincoln, NE
Apr 29-30	Live Stream ((●))

Postural Restoration Institute®

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 Coaches & Personal Trainers

Select PRI courses are approved by the National Strength and Conditioning Association (NSCA), National Academy of Sports Medicine (NASM) and the Athletics and Fitness Association of America (AFAA). Please refer to our website for course approval details for each organization.

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 pre-approved 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.

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®.

Benefits

- 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 prerequisite course requirements, eligibility criteria and printable applications.

PRC
Postural Restoration Certified™

The Postural Restoration Certified™ (PRC) credentialing program was established in 2004, and is available to Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, Chiropractors, Athletic Trainers and Athletic Therapists 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, 2027

Testing
December 6-7, 2027

PRT
Postural Restoration Trained™

The Postural Restoration Trained™ (PRT) credentialing program was established in 2011, and is available to Personal Trainers, Strength and Conditioning Coaches, Exercise Physiologists, Registered Kinesiologists, Pilates Instructors, and Yoga Instructors 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, 2027

Testing
January 9-10, 2028

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.

It's BACK!

Lunch & Learn with PRI Faculty



Returning in 2027 we will once again be offering a lunch and learn on the first day of each course held at the Postural Restoration Institute in Lincoln, NE. One of the biggest benefits of attending an in-person course is the opportunity to connect and learn from the clinical experience of our Faculty and others in attendance. We hope you will consider attending a course in Lincoln this next year to connect more deeply with our faculty, other course attendees and PRI staff as we engage in discussions not offered as part of a typical PRI course, while enjoying a delicious lunch provided by PRI.

**Please note that the Lunch & Learn will not be offered during the Interdisciplinary Studies Summit or Advanced Integration course.*

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.

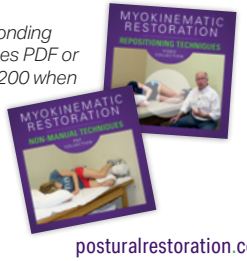
Registration & Fees

In-Person	Live Stream
Early $550	Early $580
Late $600	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

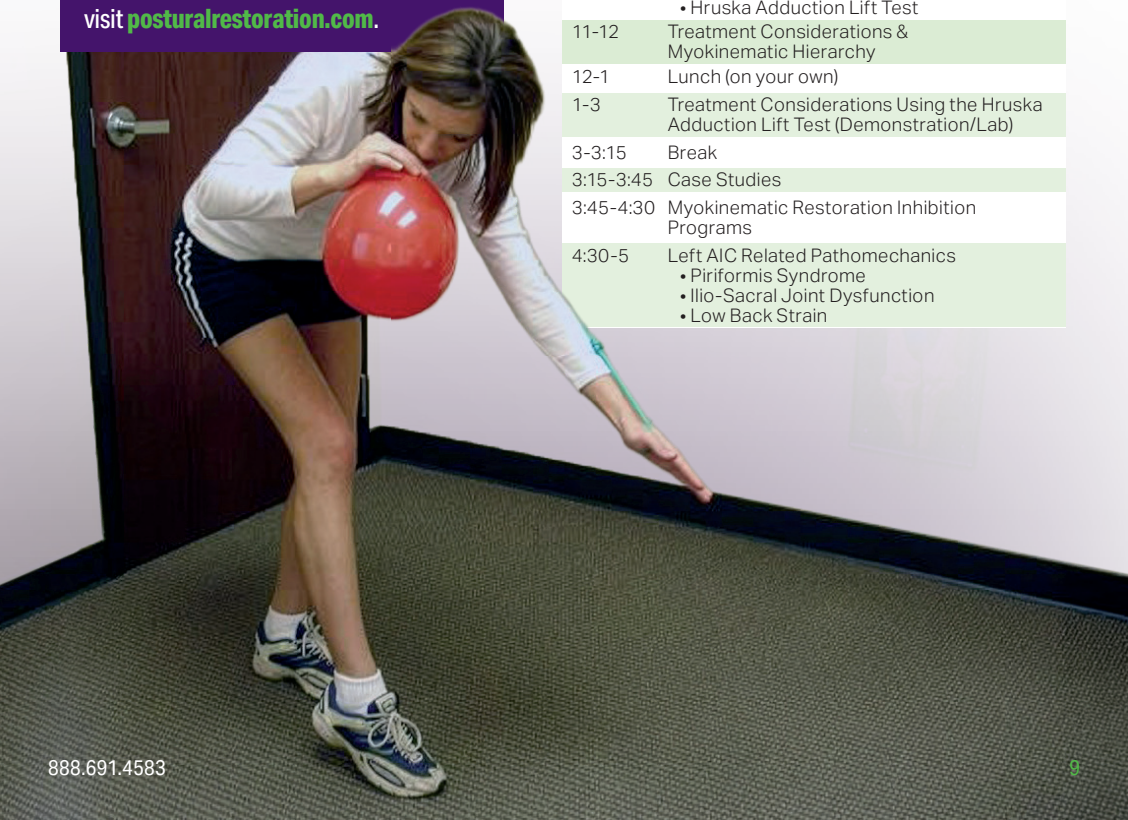
Mar 6-7	Santa Clara, CA
Mar 13-14	Bethesda, MD
Mar 19-20	Lincoln, NE
Mar 19-20	Live Stream ((●))
Apr 10-11	Long Island, NY
Apr 17-18	Toledo, OH
Jun 19-20	Munich, Germany
Jul 10-11	Conway, SC
Aug 14-15	Nashville, TN
Aug 21-22	Casper, WY
Sep 17-18	Lincoln, NE
Sep 17-18	Live Stream ((●))
Oct 9-10	Jefferson, NC
Nov 5-6	Seattle, WA
Nov 13-14	Langhorne, PA

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

Course Agenda

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
9-10	Examination and Assessment • Hruska Adduction Lift Test
10-10:15	Break
10:15-11	Examination and Assessment (Lab) • Hruska Adduction Lift Test
11-12	Treatment Considerations & Myokinematic Hierarchy
12-1	Lunch (on your own)
1-3	Treatment Considerations Using the Hruska Adduction Lift Test (Demonstration/Lab)
3-3:15	Break
3:15-3:45	Case Studies
3:45-4:30	Myokinematic Restoration Inhibition Programs
4:30-5	Left AIC Related Pathomechanics • Piriformis Syndrome • Ilio-Sacral Joint Dysfunction • Low Back Strain



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	Live Stream
Early $550	Early $580
Late $600	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).*
- *Purchase the corresponding Manual Techniques Collection for $100 when registering for this course ($25 Savings).*



Course Schedule

Feb 20-21	Deerfield, IL
Feb 27-28	Valencia, CA
Mar 6-7	West Boylston, MA
Mar 13-14	Louisville, KY
Apr 10-11	Langhorne, PA
May 22-23	Olympia, WA
Aug 7-8	Sydney, Australia
Sep 11-12	Boulder, CO
Sep 18-19	Bedford, TX
Oct 1-2	Lincoln, NE
Oct 1-2	Live Stream ((●))
Oct 23-24	Albuquerque, NM
Nov 6-7	Santa Clara, CA

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

Course Agenda

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	
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
3-3:15	Break
3:15-4	Right Low Trap/Right Tricep Non-Manual Techniques
4-4:30	Posterior Exterior Chain and PEC Inhibition Techniques
4:30-5	Case Studies



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	Live Stream
Early $550	Early $580
Late $600	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 6-7	San Francisco, CA
Feb 27-28	Austin, TX
Mar 20-21	Boston, MA
Apr 10-11	Boulder, CO
Apr 16-17	Lincoln, NE
Apr 16-17	Live Stream ((●))
May 22-23	Chapel Hill, NC
Jun 26-27	Munich, Germany
Aug 14-15	Edmonton, AB
Aug 28-29	Bethesda, MD
Sep 25-26	Brentwood, MO
Oct 9-10	Deerfield, IL
Oct 22-23	Lincoln, NE
Oct 22-23	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**.

Course 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
3:45-5	Case Studies



Impingement & Instability

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

Course Schedule

Jan 8-9	Lincoln, NE
Jan 8-9	Live Stream
Mar 6-7	Virginia Beach, VA
Aug 13-14	Lincoln, NE
Aug 13-14	Live Stream
Sep 11-12	Chicago, IL
Oct 16-17	New York, NY

Registration & Fees

In-Person	Live Stream
Early $575	Early $605
Late $625	Late $655

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 Agenda

DAY ONE	
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

Cervical REVOLUTION

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 22-23	Lincoln, NE
Jan 22-23	Live Stream
Feb 20-21	New York, NY
Mar 20-21	Quincy, IL
May 22-23	San Antonio, TX
Aug 14-15	Sydney, Australia
Sep 10-11	Lincoln, NE
Sep 10-11	Live Stream
Oct 23-24	West Boylston, MA

Registration & Fees

In-Person	Live Stream
Early **$575**	Early **$605**
Late **$625**	Late **$655**

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	The Mandibles Relationship to Cervical Neutrality, Airway Alignment, and Cranial Balance
4-4:30	PRI Recommended Proprioceptive Occlusal Orthotics
4:30-5	Overview of Supportive Right Torsion Non-Manual Techniques

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 2-5	Lincoln, NE
Dec 2-5	Live Stream

Registration & Fees

In-Person	Live Stream
Early $970	Early $1,000
Late $1,020	Late $1,050

Speakers



Ron Hruska
MPA, PT



Dan Houglum
MSPT, ATC/L, PRC



Lori Thomsen
MPT, PRC



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



Jean Massé
PT, DPT, PRC, OCS, ATC

Course Agenda

DAY ONE: SYNCHRONOUS BREATHING – SAGITTAL REPOSITIONING OF ZOA

7:30-8	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
3:15-4:30	Cranial Sagittal Respiration as Related to Temporal, Sphenoid and Occipital Rotation
4:30-5	Overview of PRI Polyarticular Chain Relationships and Pathology

DAY TWO: TRI-PLANAR ACTIVITY – FRONTAL AND TRANSVERSE INTEGRATION

7:45-8	Sign-In and Light Breakfast
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

7:45-8	Sign-In and Light Breakfast
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
3:15-4:30	Scoliosis Management
4:30-5	Kyphosis

Human EVOLUTION

An Integrated Approach to Optimizing Functional Development and Upright Growth

Course Schedule

Feb 26-27	Lincoln, NE
Feb 26-27	Live Stream
Aug 27-28	Lincoln, NE
Aug 27-28	Live Stream
Oct 9-10	Virginia Beach, VA

Registration & Fees

In-Person	Live Stream
Early $575	Early $605
Late $625	Late $655

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 Agenda

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 Techniques Workshop

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 29-30	Lincoln, NE
Jan 29-30	Live Stream

Registration & Fees

In-Person	Live Stream
Early $575	Early $605
Late $625	Late $655

Course Agenda

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 Schedule

Mar 12-13	Lincoln, NE
Mar 12-13	Live Stream
Sep 25-26	Valencia, CA
Nov 6-7	Boston, MA

Registration & Fees

In-Person	Live Stream
Early $600	Early $630
Late $650	Late $680

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.

Course Agenda

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	
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

Mar 6-7	Wayne, PA
Apr 9-10	Lincoln, NE
Apr 9-10	Live Stream
Oct 15-16	Lincoln, NE
Oct 15-16	Live Stream

Registration & Fees

In-Person	Live Stream
Early **$600**	Early **$630**
Late **$650**	Late **$680**

Course Agenda

DAY ONE	
7:45-8	Sign-In and Light Breakfast
8-10	Opening Remarks Regarding Body, Neck and Oral Mechanics Related to Forward Head Movement
10-10:15	Break
10:15-11	Right Temporal Mandibular Cervical Chain (R TMCC) Body and Occlusal Characteristics
11-11:30	Conscious Sense of Occlusion in Left Stance
11:30-12	Mandible, Occiput, Neck and Hyoid Influence on Occlusion
12-1	Lunch (on your own)
1-3	Patterned Occlusal Pathomechanics and Their Possible Underlying Biomechanical Contribution • Crossbites • Open Bites • Crowded Teeth • Intorsion
3-3:15	Break
3:15-5	Patterned Occlusal Pathomechanics *(continued)*
DAY TWO	
7:45-8	Sign-In and Light Breakfast
8-9	Overview of Temporal Fossa Influences on Dental and Foot Interference
9-10	Addressing Frontal Plane Occlusal Sense Using Mandibular Orthotics
10-10:15	Break
10:15-11	Cranial Oscillatory Alternation Considerations
11-12	Cuspid Occlusal Influence on Lateral Head and Body Excursion
12-1	Lunch (on your own)
1-3	Canine and Molar Guidance of Upright Balance
2-3	Occlusal Cervical Assessment
3-3:15	Break
3:15-5	PRI Proprioceptive Occlusal Orthotic Recommendations

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

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.

Course Schedule

Apr 3-4	Colchester, VT
Aug 20-21	Lincoln, NE
Aug 20-21	Live Stream

Registration & Fees

In-Person	Live Stream
Early **$600**	Early **$630**
Late **$650**	Late **$680**

Course Agenda

DAY ONE	
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 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 on Acoustic Aerodynamics, Phonation and Intonation; Neuronal Entrainment of Motor Speech Areas
2-3	Hemi-Kinesphere Consonance PRI Techniques
3-3:15	Break
3:15-4:30	Case Presentations
4:30-5	Concluding Remarks on Vocal Expression and Space

Forward Locomotor Movement

An Introspective Approach to the Treatment of Functional Cortical Predominance

Course Description

This course offers the attendee an opportunity to re-examine '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

Apr 3-4	Orange, CA
May 21-22	Lincoln, NE
May 21-22	Live Stream
Oct 23-24	Chapel Hill, NC

Registration & Fees

In-Person	Live Stream
Early **$600**	Early **$630**
Late **$650**	Late **$680**

Course Agenda

DAY ONE	
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	
7:45-8	Sign-In and Light Breakfast
8-9	Vertical and Horizontal Pendulum Motion, Inertia and Equilibrium Position as it Relates to Forward Locomotor Movement
9-10	Hruska Hemispheric Components, Stages, and Elements of Forward Locomotor Movement
10-10:15	Break
10:15-12	Chest Wall Kinematic Influence on Forward Locomotor Movement
12-1	Lunch (on your own)
1-3	Arm Control and Function in Human Locomotion
3-3:15	Break
3:15-4	Upright Egocentric Coordination
4-5	Leg 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

May 14-15	Seattle, WA
Sep 24-25	Lincoln, NE
Sep 24-25	Live Stream

Registration & Fees

In-Person	Live Stream
Early **$600**	Early **$630**
Late **$650**	Late **$680**

Course Agenda

DAY ONE	
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
12-1	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
3-3:15	Break
3:15-5	Visual Conditions That May Influence Upright Midline Metrics
DAY TWO	
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 29-30 Lincoln, NE
Apr 29-30 Live Stream

Registration & Fees

In-Person
Early **$575**
Late **$625**

Live Stream
Early **$605**
Late **$655**

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 while the Annual Summit is available both in-person and as a live stream online, we strongly encourage in-person attendance to fully interact with the PRI community and have the opportunity to engage in the available evening events.*

- 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: THURSDAY, APRIL 29TH

8-8:15	Opening Remarks by Ron Hruska
8:15-9:45	Revealing Neutrality Through Orchestration of How Someone Feels, Breathes and Supports Themselves *(Jennifer Smart, DPT, PRC)*
9:45-10	Break
10-11:30	Rebeat to Reboot Cortical Functional Outcomes Related to PRI Testing *(Neal Hallinan, CSCS, LMT, PRT)*
11:30-12:30	Lunch (on your own)
12:30-2	Considerations of the Ear and Vibration *(Jennifer Bullock, PT, DPT, OCS, PRC)*
2-3:30	The Weight of Words: When Story Reflects Strategy *(Tatham Johnson, RMT, BCSc, CSCS, PRT)*
3:30-3:45	Break
3:45-5:15	Illuminating the Illusory Link Between Conscious Intention and Human Reality: Implications for Healthcare Practitioners and Beyond *(Heather Carr, DPT, PRC, MTC, OCS, NTP)*
5:30-8:30	Optional Ticketed Dinner and Award Presentations *(More Information available online)*

DAY TWO: FRIDAY, APRIL 30TH

8-9:30	Perceptual Healing: How Physical Therapy and Vision Therapy Intersect Through the Lens of Postural Restoration® *(Molly Miller, DPT, PRC & Sandi Pollock, COVT)*
9:30-9:45	Break
9:45-11:15	Demystifying Heart Attacks: The Role of Autonomic Imbalance and the Link with Neuro-Postural Physiology *(Stephen Hussey DC, MS in Human Nutrition and Functional Medicine)*
11:15-12:45	From Balloon to Barbell: Loading PRI's Autonomic Oscillation Framework *(Peter Jang, MFA, CSCS, PRT)*
12:45-1:45	Lunch (on your own)
1:45-3:15	Four Forward Locomotor Movement Concepts to Apply to Training *(Eric Menchi, MS, CSCS, RSCC, PRT)*
3:15-3:30	Break
3:30-5:00	The Respiratory Foundation of an Efficient Golf Swing: How Breathing Influences Posture, Rotation, and Power *(Chris Poulin, ATC, CSCS, PRC, TPI Level 3 Medical)*
5-7	Complimentary Evening Hors d'oeuvres Following Course Completion

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 Non-Manual 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 step by step instruction.



Manual Techniques Collection

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.

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PRI Video for You



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 ninth year of existence, we have a growing collection of nearly 500 episodes! Additional episodes from the months preceding your subscription start date can be purchased. Visit privideoforyou.com for more information, including free trial videos!

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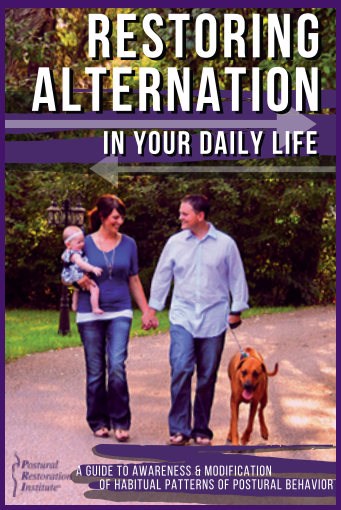

"Restoring Alternation"

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 over-dominance 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.

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