POSITIONAL RELEASE THERAPY INSTITUTE

Lower Quarter Educational Session
Sample Agenda

Following this Educational Session, Attendees will:

- Be able to articulate the theory and evidence supporting PRT;
- Be able to apply and demonstrate PRT lower quarter techniques to treat common lower quarter musculoskeletal and neurological conditions;
- Be able to identify how abnormal gait mechanics may result in lower quarter somatic lesion loading patterns;
- Recall the clinical implications and contraindications of PRT for common lower quarter musculoskeletal and neurological conditions and;
- Verbalize how lower quarter PRT can be integrated into a treatment plan.

Session Outline (10.5 CEU)

Title of Activity	Schedule	Duration	Content Category	Teaching Strategy
Day One				**In Person Activities**
Course Overview / Introductions	8:00 am – 8:15 am	15 min.	N/A	N/A
Lecture and Demo	8:15 am – 10:00 am	105 min.	Lecture / Q&A/ Demonstration (Level 1 & 2)	Lecture / Discussion / Demonstration
Break	10:00 am –10:15 am	15 min.	N/A	N/A
Myofascial Mapping & Scanning	10:15 am –11:15 am	60 min.	Laboratory (Level 1-3)	Lab Application
Foot Instruction	11:15 am –12:30 pm	75 min.	Laboratory (Level 1-3)	Lab Application
Lunch	12:30 pm – 1:30 pm	60 min.	N/A	N/A
Foot and Ankle Instruction	1:30 pm – 3:00 pm	90 min.	Laboratory (Level 1-3)	Lab Application
Lower Leg Instruction	3:00 pm – 3:45 pm	45 min.	Laboratory (Level 1-3)	Lab Application
Discussion & Questions	3:45 pm – 4:00 pm	15 min.		
Day Two				**In Person Activities**
Learning Activity	8:00 am – 8:30 am	30 min.	Group Project / Presentation (Level 1-4)	Discussion & Comparison
Knee and Thigh Instruction	8:30 am – 10:00 am	90 min.	Laboratory (Level 1-3)	Lab Application
Break	10:00 am –10:15 am	15 min.	N/A	N/A
Knee and Thigh Instruction	10:15 am – 11:30 am	75 min.	Laboratory (Level 1-3)	Lab Application
Case Examination & Discussion	11:30 am – 11:50 am	20 min.	Case Presentation / Discussion (Level 1-3)	Case Discussion
Closing Remarks, Questions & Survey	11:50 am – 12:00 pm	10 min.	N/A	N/A

Learning Objective Levels:

Level 1: Recall
Level 2: Understanding and Reproduction of Material with Assistance
Level 3: Application and Demonstration of Material with Minimal Assistance
Level 4: Reasoning and Formulation of Strategies to Solve Problems, Demonstration of Multi-Step Process with Assistance
Level 5: High Level of Abstract Reasoning, Conclusion Testing and Analysis, High Level of Autonomous Proficiency