



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 at least 3 PRT lower quarter techniques to treat common lower quarter musculoskeletal and neurological conditions;
- Be able to identify two primary abnormal gait mechanics that may result in lower quarter somatic lesion loading patterns;
- Recall at least five 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 Plan of Care (POC).

Session Outline

| Title of Activity | Schedule | Duration | Content Category | Teaching Strategy |
|-------------------------------------|---------------------|----------|---|---|
| Day One | | | | |
| Course Overview / Introductions | 8:00 am – 8:15 am | 15 min. | N/A | N/A |
| Lecture and Demo | 8:15 am – 10:15 am | 120 min. | Lecture / Q&A/ Demonstration (Level 1 & 2) | Lecture / Discussion / Demonstration |
| <i>Break</i> | 10:15 am – 10:30 am | 15 min. | N/A | N/A |
| Myofascial Mapping & Scanning | 10:30 am – 11:30 am | 60 min. | Laboratory (Level 1-3) | Lab Application |
| Foot Instruction | 11:30 am – 12:45 pm | 75 min. | Laboratory (Level 1-3) | Lab Application |
| <i>Lunch</i> | 12:45 pm – 1:45 pm | 60 min. | N/A | N/A |
| Foot and Ankle Instruction | 1:45 pm – 3:15 pm | 90 min. | Laboratory (Level 1-3) | Lab Application |
| Lower Leg Instruction | 3:15 pm – 4:00 pm | 45 min. | Laboratory (Level 1-3) | Lab Application |
| Discussion & Questions | 3:45 pm – 4:00 pm | 15 min. | | |
| Day Two | | | | |
| 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 |
| <i>Break</i> | 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