



# POSITIONAL RELEASE THERAPY INSTITUTE

## Spine and Pelvis Positional Release Therapy Course - Sample Agenda

Learning Objectives- By the completion of the course, the student should:	Level
<ul style="list-style-type: none"> <li>Be able to describe the Mechanical Coupling Theory and how its supporting evidence is applicable for application of PRT for somatic dysfunction;</li> </ul>	<b>3</b>
<ul style="list-style-type: none"> <li>Be able to demonstrate at least three PRT spine and pelvis techniques to treat non-specific low back pain;</li> </ul>	<b>3</b>
<ul style="list-style-type: none"> <li>Be able to demonstrate at least two common ADL (activity of daily living) techniques to prevent and manage low back pain;</li> </ul>	<b>1</b>
<ul style="list-style-type: none"> <li>Recall at least five clinical implications and contraindications of PRT and;</li> </ul>	<b>1</b>
<ul style="list-style-type: none"> <li>Verbalize how spine and pelvis PRT can be integrated into a treatment plan for conditions such as non-specific low back pain.</li> </ul>	<b>4</b>

### Session Outline

Title of Activity	Schedule	Duration	Content Category	Teaching Strategy
<b>Day One</b>				<b>In Person Activities</b>
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
<i>Break</i>	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
ADL Assessment & Instruction	11:15 am – 11:45 am	30 min.	Laboratory (Level 1-3)	Lab Application
Pelvis Instruction	11:45 am – 12:30 pm	45 min.	Laboratory (Level 1-3)	Lab Application
<i>Lunch</i>	12:30 pm – 1:30 pm	60 min.	N/A	N/A
Pelvis Instruction	1:30 pm – 3:00 pm	90 min.	Laboratory (Level 1-3)	Lab Application
Lumbar Spine Instruction	3:00 pm – 4:45 pm	105 min.	Laboratory (Level 1-3)	Lab Application
Discussion & Questions	4:45 pm – 5:00 pm	15 min.		
<b>Day Two</b>				<b>In Person Activities</b>
Learning Activity	8:00 am – 8:30 am	30 min.	Group Project / Presentation (Level 1-4)	Discussion & Comparison
Thoracic Spine 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
Cervical Spine Instruction	10:15 am – 12:30 pm	135 min.	Laboratory (Level 1-3)	Lab Application
Case Examination & Discussion	12:30 pm – 1:30 pm	60 min.	Case Presentation / Discussion (Level 1-3)	Case Discussion
Closing Remarks, Questions & Survey	1:30 pm – 2:00 pm	30 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