



POSITIONAL RELEASE THERAPY INSTITUTE

Lower Quarter Educational Session One-Day 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 (1.75 CE Online & 6.25 CE Live)

Title of Activity	Schedule	Duration	Content Category	Teaching Strategy
Pre-Course Lecture				
Lecture, Demo and Quiz	Online Video & Quiz Must be completed prior to live instruction	105 min.	Lecture Demonstration (Level 1 & 2)	Lecture Demonstration
Live Instruction				
Course Overview / Introductions	8:00 am – 8:15 am	15 min.	N/A	Course Overview & Introductions
Online Lecture Q&A	8:15am – 8:30 am	15 min.	Q & A (Level 1-3)	Q & A
Knee and Thigh Instruction	8:30 am – 11:00 am	90 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	11:00 am – 11:15 am	15 min.	N/A	<i>Break</i>
Knee and Thigh Instruction	11:15 am – 12:30 pm	75 min.	Laboratory (Level 1-3)	Lab Application
<i>Lunch</i>	12:30 pm – 1:30 pm	60 min.	N/A	<i>Lunch</i>
Lower Leg Instruction	1:30 pm – 2:30 pm	60 min.	Laboratory (Level 1-3)	Lab Application
Foot and Ankle Instruction	2:30 pm – 3:30 pm	60 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	3:30 pm – 3:45 pm	15 min.	N/A	<i>Break</i>
Foot and Ankle Instruction	3:45 pm – 4:30 pm	45 min.	Laboratory (Level 1-3)	Lab Application
Case Examination & Discussion	4:30 pm – 5:00 pm	30 min.	Case Disc. (Level 1-4)	Case Examination & Discussion
Closing Remarks, Questions & Survey	5:00 pm – 5:30 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