



POSITIONAL RELEASE THERAPY INSTITUTE

Lower Quarter Educational Session Sample Agenda

Following this Educational Session, Attendees will:

• Be able to describe the Mechanical Coupling Theory and how its supporting evidence is applicable for application of PRT for lower quarter somatic dysfunction;	3
• Be able to identify two primary abnormal gait mechanics that may result in lower quarter somatic lesion loading patterns;	2
• Be able to apply and demonstrate at least 3 PRT lower quarter techniques to treat common lower quarter musculoskeletal and neurological conditions such as MTSS;	3
• Recall at least five clinical implications and contraindications of PRT;	1
• Verbalize how lower quarter PRT can be integrated into a Plan of Care (POC).	4

Session Outline (15 CEUs and 1.75 Online)

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
Review online Lecture and Demo	8:15 am – 9:00 am	45 min.	Lecture / Q&A/ Demonstration (Level 1 & 2)	Lecture / Discussion / Demonstration
Myofascial Mapping & Scanning	9:00 am – 10:15 am	40 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	10:15 am – 10:30 am	15 min.	N/A	N/A
Foot Instruction	10:30 am – 12:00 pm	90 min.	Laboratory (Level 1-3)	Lab Application
<i>Lunch</i>	12:00 pm – 1:00 pm	60 min.	N/A	N/A
Foot and Ankle Instruction	1:00 pm – 3:00 pm	120 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	3:00 pm – 3:15 pm	15 min.	N/A	N/A
Ankle and Lower Leg Instruction	3:15 pm – 4:45 pm	90 min.	Laboratory (Level 1-3)	Lab Application
Discussion & Questions	4:45 pm – 5:00 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
Lower Leg 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	10:30 am – 12:00 pm	90 min.	Laboratory (Level 1-3)	Lab Application
<i>Lunch</i>	12:00 pm – 1:00 pm	60 min.	N/A	N/A
Knee and Thigh Instruction	1:00 pm – 3:30pm	90 min.	Laboratory. (Level 1-3)	Lab Application
<i>Break</i>	3:30 pm – 3:45 pm	15 min.	N/A	N/A
Case Examination & Discussion	3:45 pm – 4:30 pm	45 min.	Case Presentation / Discussion (Level 1-3)	Case Discussion
Closing Remarks, Questions & Survey	4:30 pm – 5:00 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