



# POSITIONAL RELEASE THERAPY INSTITUTE

## Upper Quarter Educational Session Sample Session Outline

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 upper quarter somatic dysfunction;</li> </ul>	3
<ul style="list-style-type: none"> <li>Be able to apply and demonstrate at least three PRT upper quarter techniques to treat common upper quarter conditions such as impingent syndrome;</li> </ul>	3
<ul style="list-style-type: none"> <li>Recall at least five clinical implications and contraindications of PRT and;</li> </ul>	1
<ul style="list-style-type: none"> <li>Verbalize how lower quarter PRT and Gait Analysis can be integrated into a Plan of Care (POC).</li> </ul>	4

**1.75 CE online + 13.75 CE Live = (15.5 CE Total)**

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
Online Lecture Review and Demo	8:15 am – 9:30 am	75 min.	Lecture / Q&A/ Demonstration (Level 1 & 2)	Lecture / Discussion / Demonstration
Myofascial Mapping	9:30 am – 10:30 pm	60 min.	Laboratory	(Level 1-3)
<i>Break</i>	10:30 am – 10:45 am	15 min.	N/A	N/A
Shoulder Instruction	10:45 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	N/A
Shoulder Instruction	1:30 pm – 3:00 pm	90 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	3:00 pm – 3:15 pm	15 min.	N/A	N/A
Shoulder 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.		
<b>Day Two</b>				<b>In Person Activities</b>
Learning Activity	8:00 am – 9:00 am	60 min.	Group Project / Presentation (Level 1-4)	Discussion & Comparison
Elbow Instruction	9:00 am – 10:30 am	90 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	10:30 am – 10:45 am	15 min.	N/A	N/A
Elbow and Forearm Instruction	10:45 am – 11:45 am	60 min.	Laboratory (Level 1-3)	Lab Application
Discussion & Questions	11:45 am – 12:00 pm	15 min.	N/A	
<i>Lunch</i>	12:00 pm – 1:00 pm	60 min.	N/A	N/A
Wrist and Finger 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
Wrist and Finger Instruction	3:15 pm – 4:00 pm	45 min.	Laboratory (Level 1-3)	Lab Application
Case Examination & Discussion	4:00 pm – 4:30 pm	30 min.	Case Presentation / Discussion (Level 1-4)	Case Discussion
Closing Remarks, Questions & Survey	4:30 am – 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