



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

1.75 CE Home Study + 13.75 CE Live = (15.5 CE Total)

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
Home Study 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.		
Day Two				In Person Activities
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	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