



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"> Be able to describe the Mechanical Coupling Theory and how its supporting evidence is applicable for application of PRT for somatic dysfunction; 	3
<ul style="list-style-type: none"> Be able to demonstrate at least three PRT spine and pelvis techniques to treat non-specific low back pain; 	3
<ul style="list-style-type: none"> Be able to demonstrate at least two common ADL (activity of daily living) techniques to prevent and manage low back pain; 	1
<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 spine and pelvis PRT can be integrated into a treatment plan for conditions such as non-specific low back pain. 	4

Session Outline (15.0 CEU Live + 3.0 Pre-Lecture Online)

Title of Activity	Schedule	Duration	Content Category	Teaching Strategy
Day One				
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.	Q&A/ Demonstration (Level 1 & 2)	Lecture / Discussion / Demonstration
ADL Assessment & Instruction	9:00 am – 9:30 am	30 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	9:30 am – 9:45 am	15 min.	N/A	N/A
Lumbopelvic Evaluation	9:45 am – 10:15 am	30 min.	Laboratory (Level 1-3)	Lab Application
Lumbopelvic PRT Instruction	10:15 – 12:30 pm	135 min.	Laboratory (Level 1-3)	Lab Application
<i>Lunch</i>	12:30 pm – 1:30 pm	60 min.	N/A	N/A
Lumbopelvic 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
Lumbar Spine PRT 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				
Learning Activity	8:00 am – 8:30 am	30 min.	Group Project / Presentation (Level 1-4)	Discussion & Comparison
Thoracic Spine PRT 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 Evaluation	10:15 am – 11:30 am	75 min.	Laboratory (Level 1-3)	Lab Application
Cervical Spine PRT Instruction	11:30 am – 12:30 pm	60 min.	Laboratory (Level 1-3)	Lab Application
<i>Lunch</i>	12:30 pm – 1:30 pm	60 min.	N/A	N/A
Case Examination & Discussion	1:30 pm – 2:00 pm	30 min.	Case Presentation /Discussion (Level 1-3)	Case Discussion
Cervical Spine PRT Instruction	2:00 pm – 3:30 pm	90 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	3:30 pm – 3:45 pm	15 min.	N/A	N/A
Putting it all Together	3:40 pm – 4:30 pm	45 min.	Laboratory (Level 1-3)	Lab Application
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