



# POSITIONAL RELEASE THERAPY INSTITUTE

## Lower Quarter PRT & Gait Analysis Educational Session Sample Agenda

### Goals and Anticipated Outcomes for Session Attendees:

- Be able to describe the Mechanical Coupling Theory and how its supporting evidence is applicable for application of PRT for lower quarter somatic dysfunction;
- Be able to apply and demonstrate at least three PRT lower quarter techniques to treat medial tibial stress syndrome (MTSS);
- Recall at least five clinical implications and contraindications of PRT and;
- Verbalize how lower quarter PRT can be integrated into a treatment plan for lower quarter somatic conditions, such as MTSS.
- Show the ability to conduct a static and dynamic lower quarter gait assessment
- Articulate at least three differences between normal and pathological gait mechanics
- List at least three abnormal gait mechanics (e.g., late stance pronation) that may result in somatic lesion loading patterns
- Verbalize how gait analysis findings and PRT may be integrated into an overall treatment plan for lower quarter somatic dysfunction

### Tentative Session Outline (15 CEU)

<b>Saturday, April 16<sup>th</sup> (7.5 CEU)</b>	
Course Overview / Introductions	8:00 am – 8:15 am
Gait Analysis Presentation	8:15 am – 9:15 am
<b>Gait Laboratory Session</b>	
Static Examination	9:15 am – 10:00 am
<i>Break</i>	10:00 am – 10:15 am
Dynamic Examination	10:15 am – 11:30 am
Translating Gait Findings into Interventions	11:30 am – 11:45 am
Discussion and Questions	11:45 am – 12:00 pm
<i>Lunch</i>	12:00 pm – 1:00 pm
PRT Presentation	1:00 pm -- 2:00 pm
<b>PRT Laboratory Session 1</b>	
Myofascial Mapping and Scanning	2:00 pm – 3:00 pm
Gait Finding Integration and Case Discussion	3:00 pm – 3:30 pm
<i>Break</i>	3:30 pm – 3:45 pm
<b>PRT Laboratory Session 2</b>	
Lower Quarter Instruction (Foot & Ankle)	3:45 pm – 4:45 pm
Discussion & Questions	4:45 pm – 5:00 pm
<b>Sunday, April 17<sup>th</sup> (7.5 CEU)</b>	
Learning Activity	7:30 am – 8:00 am
<b>PRT Laboratory Session 3</b>	
Lower Quarter Instruction (Lower Leg)	8:00 am – 10:30 am
<i>Break</i>	10:30 am – 10:45 am
Lower Quarter Instruction (Knee and Thigh)	10:45 am – 12:00 pm
<i>Lunch</i>	12:00 pm – 1:00 pm
Lower Quarter Instruction Cont. (Knee and Thigh)	1:00 pm – 3:30 pm
<i>Break</i>	3:30 pm – 3:45 pm
Patient Case Examination, Treatment and Discussion	3:45 pm – 4:15 pm
Closing Remarks, Questions and Survey	4:15 pm – 4:30 pm