



POSITIONAL RELEASE THERAPY INSTITUTE

Upper Quarter Educational Session Agenda- day one= 1/2, day two = full

Following this Educational Session, Attendees will:

Learning Objectives	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 thoracic outlet syndrome; 	3
<ul style="list-style-type: none"> Be able to identify at least three abnormal shoulder mechanics that may result in upper quarter somatic lesion loading patterns; 	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 upper quarter PRT can be integrated into a treatment plan for upper quarter somatic conditions such as thoracic outlet syndrome. 	4

Session Outline (10.5 CEU)

Title of Activity	Schedule	Duration	Content Category	Teaching Strategy
Day One				In Person Activities
Course Overview / Introductions	2:00 pm – 2:15 pm	15 min.	N/A	N/A
Lecture and Demo	2:15 pm – 4:00 pm	105 min.	Lecture / Q&A/ Demonstration (Level 1 & 2)	Lecture / Discussion / Demonstration
<i>Break</i>	4:00 pm – 4:15 pm	15 min.	N/A	N/A
Myofascial Mapping & Scanning	4:15 pm – 5:15 pm	60 min.	Laboratory (Level 1-3)	Lab Application
Shoulder Instruction	5:15 pm – 5:45 pm	75 min.	Laboratory (Level 1-3)	Lab Application
Discussion & Questions	5:45 pm - 6:00 pm	15 min.	Discussion (Level 1-3)	Case Discussion
Day Two				In Person Activities
Learning Activity	8:00 am – 8:30 am	30 min.	Group Project / Presentation (Level 1-4)	Discussion & Comparison
Shoulder 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
Elbow Instruction	10:15 am – 12:00 pm	105 min.	Laboratory (Level 1-3)	Lab Application
Lunch	12:00 pm – 1:00 pm	60 min.	N/A	N/A
Elbow and Forearm Instruction	1:00 pm – 2:30 pm	90 min.	Laboratory (Level 1-3)	Lab Application
<i>Break</i>	2:30 pm – 2:45 pm	15 min.	N/A	N/A
Wrist and Finger Instruction	2:45 pm – 3:30 pm	75 min.	Laboratory (Level 1-3)	Lab Application
Case Examination & Discussion	3:30 pm – 3:45 pm	15min.	Case Presentation / Discussion (Level 1-3)	Case Discussion
Closing Remarks, Questions & Survey	3:45 pm – 4:00 pm	15 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