

PNF: REFRESHED!

40 YEARS OF MARY MASSERY TWEAKS

Instructor

Mary Massery, PT, DPT, DSc

Sponsored by

Thera Era

Course Location

Lakewood, NJ

November 12th – 14th, 2023

(20.5 Contact Hours)

COURSE DESCRIPTION:

If all you remember about Proprioceptive Neuromuscular Facilitation (PNF) is random “diagonal patterns,” then this course is for you. PNF can be a powerful approach when the techniques are creatively applied to clinical problems. Dr. Massery’s extensive background in PNF, along with 40 years of clinical refinements, makes her uniquely qualified to teach PNF in today’s evidence-based practice environment. The purpose of this course is to apply current PNF research, philosophy and treatment concepts to pediatric and adult patients with neuromuscular, musculoskeletal, and/or cardiopulmonary conditions. The extensive use of hands-on labs; dissection of functional tasks to facilitate goal-directed movements; use of techniques with specific clinical cases; and a live patient demonstration, will “refresh” PNF for today’s practitioner. Participants will leave with sharpened skills and an abundance of new ideas on the immediate application of PNF to their practice.

COURSE OBJECTIVES:

At the conclusion of the course, participants should be able to:

1. Describe the philosophy and historical development of PNF.
2. Demonstrate refinement in their PNF therapeutic handling skills.
3. Expand their treatment planning ideas for patients with neuromuscular, musculoskeletal and/or cardiopulmonary impairments via multiple clinical cases, and the inclusion of a live patient demonstration when possible.
4. Design a PNF-based intervention strategy in small groups for improved trunk function for a specific patient using the concepts presented throughout the course, and present the case back to the class.

Sunday (7.5 Contact Hours)

8:00 - 8:30	Registration
8:30 – 9:00	Overview of course topics
9:00 – 10:15	<u>Lecture</u> : Introduction of PNF philosophy and historical development
10:15 - 10:30	Break
10:30 – 12:00	<u>Lecture/Demonstration</u> : Activities, Techniques & Elements (ATE)
12:00 - 1:00	Lunch
1:00 - 2:45	<u>Lab 1</u> : D1 UE pattern and selected ATE's
2:45 - 3:00	Break
3:00 - 5:30	<u>Lab 2</u> : D2 UE pattern and selected ATE's

Monday (7.5 Contact Hours)

8:00 - 8:30	Coffee and ...
8:30 – 9:00	Review, synthesis and Q&A
9:00 - 10:15	Lab 3: LE Patterns: More techniques and elements
10:15 - 10:30	Break
10:30 - 12:00	Lab 4: Applying techniques to limbs and trunk. What drives your decision?
12:00 - 1:00	Lunch
1:00 - 2:45	Lab 5: Mobility vs. stability techniques. Which is appropriate for your patient?
2:45 – 3:00	Break
3:00 - 4:30	Lab 6: Bilateral patterns. How does the trunk respond?
4:30 - 5:30	Patient Demonstration (if possible)

Tuesday (5.5 Contact Hours)

7:30 - 8:00	Coffee and ...
8:00 – 8:45	Review, synthesis and Q&A. Patient demonstration debrief
8:45 – 10:15	Lab 5: Developmental Activities using PNF: supine & prone
10:15 - 10:30	Break
10:30 – 12:00	Lab 7: Developmental Activities using PNF: upright
12:00 – 12:45	Lunch
12:45 – 1:15	Problem solving small group session: Designing PNF strategies for real patient cases
1:15 – 2:00	Presentation of cases
2:00 – 2:30	Course wrap up. Next week's homework!

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SPEAKER'S BIOGRAPHY

Mary Massery, PT, DPT, DSc

Dr. Massery received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific in 2004 and her DSc from Rocky Mountain University in 2011. Mary's extensive Proprioceptive Neuromuscular Facilitation (PNF) training at Northwestern University as both a student and faculty member forms the basis of her therapeutic approach to patients with neuromuscular and pulmonary impairments.

Her PNF course focuses on improving functional outcomes by recognizing and utilizing the link between motor behaviors and breathing/postural mechanics. Dr. Massery has been invited to give over 1,000 professional presentations in 50 US states and 18 countries worldwide on related topics, including more than 100 presentations for the *American Physical Therapy Association* (APTA).

Mary has received national awards from the APTA, including its highest clinical award, *The Florence Kendall Practice Award*, honoring "one's outstanding and enduring contributions to the practice of physical therapy." She has been honored as *Outstanding Alumnus of the Year* by each of her 3 universities. She was also awarded *Northwestern University's Alumnae Research Achievement Award*. Mary continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.