

**PNF**

**Proprioceptive  
Neuromuscular  
Facilitation**

Techniques  
Patterns  
Evaluation

**PNF level 1**

**IPNFA accredited**

**5 days course**

**CME hours accredited  
after HAAD approval**

Instructor:

**Werner Wimmeroth**

IPNFA Advanced Instructors

**2<sup>th</sup> – 6<sup>th</sup> February, 2010**

**Tuesday – Saturday**

**Al Ain**

*Physiotherapy Division*  
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**Course Instructor:****Werner Wimmeroth  
IPNFA Advance Instructor  
P.T.**

Werner Wimmeroth is a German PNF advance instructor born in 1957.

Received state-approved physiotherapist diploma in 1981. Werner was interested with PNF since the late 80's. Since 1984 attended also to many NDT Bobath training courses. He tries to use selected techniques from Bobath and PNF methods to help his patients, however PNF is closer to his heart. That is why he passed the PNF-instructor exam in 1990. After many courses in Germany passed the next IPNFA level and became an Advanced PNF instructor since 1995 giving courses in Germany and Poland. Werner follows updated knowledge regarding motor control and motor learning researches. In 1994 passed the exam in Manual Therapy of Maitland concept.

- Head of the Physio Department in a neurological rehabilitation center (Godeshöhe)
- Since 1992 owner of a private practice with the focus on neurology and orthopedy
- President of German PNF association and official part of IPNFA.
- Member of international sport academy
- 20 years of experience in neurorehabilitation
- Courses in Germany and Poland
- Teacher in a school for physiotherapy
- NLP practitioner

**Course Programme**

PNF as an approach was developed to treat neurological patients, however physiotherapists might use it in a much wider range also for orthopedic patients. Entire course is divided into 5 international approved parts. In UAE so far we offer part 1 (5 days), 2 (5 days) and 3 (5 days). Courses PNF 1 and PNF 2 are considered as a 1 functional unit. There is a maximum gap of six months between PNF1 and PNF2.

**Course will be orientated on orthopaedic problems.**

**Course hours : 2pm to 9 pm , 5 days in a row.**

**Contents & Objectives for PNF Basic International  
course (PNF 1+2) please find below.**

**Course cost:**

**4000 AED for 5 days course.**

Please contact our company to check site availability. (00 971 04 2955549/  
[info@pnfdubai.com](mailto:info@pnfdubai.com)). Fee payment till 26<sup>th</sup> January 2010 on a bank account CBD 1000759520. As a title put your last name and the date of course.

**Registration and course requirements**

Course registration form – download from [www.pnfdubai.com](http://www.pnfdubai.com) Each participant must be a student of physiotherapy during internship, graduated physiotherapists.

**Venue:** equipped seminar room in the city of Al Ain

## Physiotherapy Division offers courses and equipment:

All below courses are led by international instructors – current members of own approach institutes. Taking a part in courses with our certification follows international rules opens door to participate in the same approach courses all around the world.

## Courses:

- **PNF® Proprioceptive Neuromuscular Facilitation / USA-Europe**

**Date: 2-6 February Al Ain / April 2010**

Functional approach with variety of techniques and certain body patterns for neurological and orthopedical patients . Visit: [www.PNFdubai.com](http://www.PNFdubai.com)

- **Red cord - Neurac S-E-T Concept® / Norway**

Strengthening, stability and proprioception exercises on suspending sling systems

- **Short Lever Manipulative Techniques® by Hartman / UK**

**Date: 24 - 25 July 2010 / Dubai**

Manual therapy as a „safe manipulations” for peripheral joints and spine

- **Anatomy Trains® in Manual Therapy / USA-UK**

**Date: 29.04-01.05 2010 / Dubai**

A revolution in Soft-Tissue approach that gives you a new understanding of whole-body patterning in posture and function integrated with myofascia

- **Mulligan Concept® / New Zeland**

**Date: 11-14 March 2010 / Dubai**

Manual therapy with Nags, Snags, MWM's, PRP's +Taping

## Equipment:

Our top quality equipment has been selected from eastern European companies.

- **RED CORD™**

Physiotherapy Division is an exclusive distributor of most popular European Dynamic suspending sling systems in the Gulf area **RED Cord Company**

- **Electrical plinths and portable tables**

Good quality and price from eastern Europe

- **Hydrotherapy**



**PNF Course objectives:**  
IPNFA Education Committee 10/2006

**PNF Basic International course (PNF 1+2)**

The main objective of the **PNF 1+2** is an introduction into the PNF concept, its philosophy, tools and application on the patient.

**Contents & Objectives PNF 1+2: Basic Course**

The PNF Basic Course consists of two blocks of five days referred as PNF1 and PNF2, with each 37.5 hours of instruction. Included are at least four hours of patient treatment by the participants and at least four hours of patient demonstration by the instructor(s). In 1993 it was decided that the block time is up to the individual instructor as long as the contents and the total time meets the requirements. There is a maximum of six month between PNF1 and PNF2.

**Contents**

1. Introduction into the PNF Concept
2. Neuro-anatomy and Neurophysiology
3. Basic principles and Procedures
4. PNF Techniques
5. PNF-Patterns of neck, trunk and extremities
6. Facilitation of mat and other functional activities
7. Facilitation of gait and gait related activities
8. Face and mouth rehabilitation and vital functions
9. Patient assessment, testing procedures and patient treatment based on the PNF philosophy and ICF terminology (demonstration by the instructor(s) and supervised treatment by the participants)

**Contents & Objectives  
for PNF Basic International course  
(PNF 1+2)**

[www.pnfDubai.com](http://www.pnfDubai.com)

**Contents & Objectives after the Course**

**1. Introduction**

**PNF History and PNF Philosophy**

The participants have knowledge of:

- the historical background in respect of neurophysiology and the roots of PNF
- the evolution of PNF to a holistic concept for the treatment of a wide range of activity limitations and diagnoses.
- the development of the concept during the last decades
- relevant PNF literature, PNF relevant studies, books and videos (see website)

The participants are able to explain

- the PNF-philosophy as important underlying way of thinking

**2. Neuro-anatomy and Neurophysiology:**

Bases of motor control and motor control systems: receptor systems, postural control system, equilibrium system, locomotor system, spinal subsystems and reflexes, bases of motor learning, muscle physiology

The participants

- are able to name the stimuli which are used in PNF in order to facilitate motor control
- are able to describe the different motor (sub-) systems which contribute to motor control
- are able to describe reflexes which contribute to motor control
- are able to describe the receptor systems which contribute to motor control
- are able to describe motor development, postural reflexes and reactions and equilibrium reactions

- have knowledge of principles of motor learning and how they can be used within the PNF concept
- are able to describe different kinds of muscle function (concentric, eccentric and static)
- are able to integrate this knowledge in their practical skills

### **3. Basic procedures (practical part) and principles (theory) :**

Exteroceptive stimuli:

Tactile stimulation

Visual stimulation

Verbal/auditive stimulation

Proprioceptive stimuli

Resistance

Approximation and Traction

Elongation and stretch-stimulus

Irradiation

Reinforcement

Timing

Body Mechanics

The participants are able

- to name and apply the extero- and proprioceptive stimuli which are used in PNF
- to describe the neurophysiologic effects of each stimulus
- to describe the importance of each stimulus for motor learning and motor control
- to explain irradiation, its importance in relation to motor control and its purpose of use in the therapy

**Contents & Objectives  
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### **4. PNF-Patterns**

Introduction into PNF Patterns: their characteristics (diagonal, three dimensional, moving in all joint components), components, purpose and timing.

Scapula and Pelvis Patterns including their different combinations in side lying

All 12 Arm Patterns (except Thrust and Withdrawal) in supine,

All 12 leg patterns in supine,

Chopping/Lifting in supine and sitting

Lower trunk in supine

Trunk and neck patterns in sitting

Introduction to bilateral patterns

Introduction to application of patterns in other positions

All patterns taught are analyzed in respect of Activities of daily Life (ADL), their potential irradiation and their use in the therapy.

The participants are able

- to name all joint components of the patterns
- to explain the "groove" and the correct timing of the pattern
- to perform the patterns with
  - a correct grip,
  - a correct starting position and elongation
  - an adequate and correct timing
  - correct resistance
  - an ergonomic body mechanic
- to name to each pattern a functional activity where a similar muscular activation or motion occurs
- to plan, analyze and describe the irradiation which a pattern can create
- to name and demonstrate examples of their use in a treatment on structural level
- to plan and choose the possible use of each pattern in the therapy.

## 5. PNF-Techniques

Their definition, procedure, objectives

4.1. Rhythmic Initiation

4.2. Agonistic Reversal / Combination of isotonic

4.3. Repeated Stretch from

the beginning of range

4.4. Repeated Stretch through Range

4.5. Replication

4.6. Contract - Relax

4.7. Hold - Relax

4.8. Dynamic Reversal

4.9. Stabilizing Reversal

4.10. Rhythmic Stabilization

Timing for emphasis with different techniques

The participants are able:

- to name the objectives of each technique
- to describe the procedure of each technique
- to demonstrate correctness in the practical performance of each technique with different patterns in different positions

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## 6. Mat and functional activities

Normal motor development as basis of the mat activities

Rolling from supine to side lying to prone and vice versa with trunk flexor or extensor activity using scapular pelvic and/or extremity patterns

Prone activities: transitions from prone to stand and vice versa

Supine activities: bridging, sitting up from supine into long sitting

Sit to stand and vice versa

The participants are able

- to recognize dysfunctions and their underlying impairments
- to explain and demonstrate the use of all basic procedures and techniques in all mat activities
- to explain and demonstrate different ways to facilitate rolling from supine to side lying and prone and vice versa using PNF patterns
- to demonstrate ways to facilitate a person to get up from the floor and vice versa
- to demonstrate use of different positions on the mats to facilitate weight bearing activities, postural control, stabilization of trunk and the major joints, mobilization of trunk and major joints, stimulation of selected muscular activities
- to facilitate the transfer from sit to stand and vice versa
- to perform a basic mat progression adapted to the patient

## 7. Gait

Introduction into normal gait

Gait Analysis: Normal gait cycle and its gait phases: pre-requisites for gait, joint motions, muscular activities, assessment of gait

Facilitation of gait: Stance, weight shifting, stepping forward and backward, one leg standing, gait: forward, backward, sideways, braiding, stairs

The participants are able

- to name and describe the gait phases according to J. Perry, also in respect of the main joint positions/motions and main muscular activities
- name criteria of the assessment of gait
- to facilitate weight shifts in standing, one leg standing, taking a step, forward, backwards and sideways walking
- to recognize major gait deviations and their underlying impairments
  - to plan an adequate gait training

## 8. Vital functions

Assessment and treatment of oro-facial dysfunctions

Facilitation of breathing

The participants are able

- to recognize facial and vital dysfunctions and their underlying impairments
- to facilitate facial functions using PNF-Techniques
- to facilitate function of tongue and jaw motion using PNF-techniques
- to facilitate breathing in different positions

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## 9. Patient treatment

**Demonstration by the instructor and**

**Supervised patient treatment by the participants**

**Assessment**

**ICF classification and clinical reasoning**

The participant are able

- to assess and analyze activity limitations and participation restrictions and their underlying causal impairments in order to set a basic PNF treatment plan
- to integrate the ICF- terminology
- to describe the difference between Participation restriction, Activity Limitation and Causal Impairment
- to use basic treatment-goal oriented PNF (Basic principles, Pattern, Techniques) in direct and indirect approach on a patient
- to integrate test and re-tests during the treatment as a continual process.
- to work within the PNF Philosophy

[End of PNF 1+2 objectives](#)

**End of file.**



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