

# Physiotherapeutic Skills on PNF Workshop 2023

Organized by MPA Neurology Special Interest Group



- She has a Masters in Health Management from the University of New South Wales, an Honor's Degree in Physical Therapy and is a qualified Australian Registered Physiotherapist.
- She is the IPNFA representative and has a qualification as an International Advance Instructor since 2017 by IPNFA.
- She was a main lecturer in physiotherapy courses for the Australian Physiotherapy Association NSW and VIC.
- She also has been a guest speaker in International Physiotherapy courses in many countries such as Germany, Brazil, Argentina, Korea, Spain, Peru, Mexico, Poland, and Switzerland.



Dr Feranda Di Natal,  
PNF Instructor from  
IPNFA, Sydney, Australia



**16th - 18th March 2023**



**08.30 AM - 18.00 PM**



**ReGen Rehab Hospital,  
Petaling Jaya**



**MPA member: RM 1000  
Non member: RM 1500**



SCAN ME

For More Info



[www.mpa.net.my](http://www.mpa.net.my)

For registration, you may scan the qr code that has been provided in this poster.

## THURSDAY, 16th MARCH 2023 (DAY 1)

<b>08.30 - 09.30</b>	Introduction to PNF history and basic principles
<b>09.30 - 10.30</b>	Continuation, philosophy, and overview of IPNFA system
<b>10.30 - 10.45</b>	Morning tea break
<b>10.45 - 11.45</b>	Practical: Pelvis patterns (anterior elevation and posterior depression)
<b>11.45 - 12.45</b>	Practical: Lower extremities patterns (flexion adduction with knee flexion and extension; abduction with knee extension)
<b>12.45 - 13.45</b>	Lunch break
<b>13.45 - 14.45</b>	Practical: Scapula patterns (anterior elevation and posterior depression)
<b>14.45 - 15.45</b>	Practical: Upper extremities patterns (flexion adduction with elbow flexion and extension; abduction with elbow extension)
<b>15.45 - 16.00</b>	Coffee break
<b>16.00 - 17.00</b>	Practical: Scapula and pelvis patterns (reciprocal)
<b>17.00 - 18.00</b>	Practical: Technique (replication)

## FRIDAY, 17th MARCH 2023 (DAY 2)

<b>08.30 - 09.30</b>	Demonstration and practical: Pelvis patterns (anterior depression and posterior elevation)
<b>09.30 - 10.30</b>	Practical: Lower extremities patterns (flexion abduction with knee flexion and extension; adduction with knee extension)

Registration Fees  
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## FRIDAY, 17th MARCH 2023 (DAY 2)

<b>10.30 - 10.45</b>	Morning tea break
<b>10.45 - 11.45</b>	Practical: Scapula patterns (anterior depression and posterior elevation)
<b>11.45 - 12.45</b>	Practical: Upper extremities patterns (flexion, abduction, and extension)
<b>12.45 - 13.45</b>	Lunch break
<b>13.45 - 14.45</b>	Practical: Trunk patterns (mass flexion and mass extension)
<b>14.45 - 15.45</b>	Group discussion and practical: Trunk patterns (introduction for rolling)
<b>15.45 - 16.00</b>	Coffee break
<b>16.00 - 17.00</b>	Practical: Supine progression (bridging, side lying, and sitting)
<b>17.00 - 18.00</b>	Group discussion: Case study

## SATURDAY, 18th MARCH 2023 (DAY 3)

<b>08.30 - 09.30</b>	Demonstration and practical: Sitting (trunk activities, scapula and pelvis mobility, and stability; pelvis rocking)
<b>09.30 - 10.30</b>	Case study and practical: Treatment in the wheelchair; scooting; sit to stand
<b>10.30 - 10.45</b>	Morning tea break
<b>10.45 - 11.45</b>	Gait: Introduction mobility and stability
<b>11.45 - 12.45</b>	Table evaluation and treatment
<b>12.45 - 13.45</b>	Lunch break

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## **SATURDAY, 18th MARCH 2023 (DAY 3)**

- 13.45 - 14.45** Group discussion and practical: Review scapula and pelvis
- 14.45 - 15.45** Group discussion and practical: Review on lower and upper extremities (patterns and technique)
- 15.45 - 16.00** Coffee break
- 16.00 - 17.00** Article discussion
- 17.00 - 18.00** End of workshop

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