

# PHYSIOTHERAPEUTIC SKILLS ON PNF WORKSHOP 2026

Organised by MPA  
Neurology SIG



## FERNANDA DI NATAL

Senior Physiotherapist  
IPNFA® Advanced Instructor  
Sydney, Australia 🇦🇺



### Date

12<sup>th</sup>-14<sup>th</sup> June 2026 (Friday-Sunday)



### Time

08:30 AM - 05:30 PM



### ReGen Rehab Hospital

Petaling Jaya



MPA member: RM 300

Non member: RM 2000

- Masters in Health Management for University of New South Wales
- Honor's Degree in Physical Therapy
- Australian Registered Physiotherapist
- IPNFA® Instructor from 2004
- IPNFA® Advanced Instructor from 2017
- Australian IPNFA® representative
- Main lecturer in physiotherapy courses for the Australian Physiotherapy Association in NSW and VIC
- Guest Speaker in International Physiotherapy Courses: Argentina, Brazil, Mexico, Peru, Korea, Spain

## 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 the poster



**BOOK NOW**

## Day 1: Friday 12 June

Time	Topic or Element	Teaching Strategies and Learning Activities
8.30-9.30	Introduction. PNF History. Basic Principles	Lecture
9.30-10.30	Continuation. Philosophy. Overview of the IPNFA system	Lecture
10.30-10.45	Coffee break	
10.45-11.45	Pelvis patterns: Anterior Elevation and Posterior Depression Techniques: Rhythmic Initiation.	Practical
11.45-12.45	Lower extremities patterns: flexion adduction with knee flexion and extension. Abduction with knee extension.	Practical
12.45-13.45	Lunch	
13.45-14.45	Scapula patterns: Anterior Elevation and Posterior Depression	Practical
14.45-15.45	Upper Extremities Patterns: Flexion adduction with elbow flexion and extension abduction with elbow extension	Practical
15.45-16.00	Coffee break	
16.00-17.00	Scapula and Pelvis Patterns: Reciprocals.	Practical
17.00-17.30	Techniques: Replication	Practical

## Day 2: Saturday 13 June

8.30-9.30	Pelvis Patterns. Anterior Depression and Posterior Elevation	Demonstration and practical
9.30-10.30	Lower Extremities: Flexion Abduction with knee flexion and extension adduction with knee extension	Practical session
10.30-10.45	Coffee break	
10.45-11.45	Scapula patterns: Anterior Depression and Posterior elevation	Practical
11.45-12.45	Upper extremities patterns: flexion abduction and extension adduction	Practical
12.45-13.45	Lunch	
13.45-14.45	Trunk Patterns: Mass Flexion and mass extension. Technique: Repeated contractions	Practical
14.45-15.45	Trunk patterns: Intro for rolling. Techniques: Timing for emphasis	Group discussion and practical
15.45-16.00	Coffee break	
16.00-17.00	Supine progression: Bridging, side lying, sitting	Practical
17.00-17.30	Case Study	Group discussion

## Day 3: Sunday 14 June

8.30-9.30	Sitting: Trunk activities Scapula and Pelvis Mobility and Stability. Pelvis rocking.	Demonstration and practical
9.30-10.30	Treatment in wheelchairs. Scooting. Sit to stand. Techniques: Stabilizing reversals	Case Study and Practical session
10.30-10.45	Coffee break	
10.45-11.45	Gait: Introduction mobility and stability. One foot forward. Weight shift.	Lecture and practical session
11.45-12.45	Table evaluation and Treatment	Lecture
12.45-13.45	Lunch	
13.45-14.45	Review Scapula and pelvis: Techniques: Combination of Isotonics	Group discussion and practical
14.45-15.45	Review: Lower and upper extremities. Patterns and Techniques.	Group discussion and practical
15.45-16.00	Coffee break	
16.00-17.00	Articles discussion Wrap up. End of course	Group Discussion