



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Neurology UE 108

**Sub-Title:** Proprioceptive Neuromuscular Facilitation

**Course Description:** Neurology UE 108, Proprioceptive Neuromuscular Facilitation (PNF), is a 4-hour course designed for the beginning or intermediate clinician interested in learning the technique of PNF. Proprioceptive Neuromuscular Facilitation is one of the most frequently used treatment interventions in neurological rehabilitation. This course will cover applications and the use of PNF beginning with basic principles and progressing to biomechanical considerations as well as PNF patterns used for the trunk and upper extremity. PNF techniques will be discussed in terms of techniques within postures related to a developmental sequence and the clinician will learn which techniques can be used to promote different stages of motor learning. This course will include multiple images and pictures that illustrate PNF patterns and techniques. At the end of this course, the learner will have a more comprehensive understanding of PNF as a treatment technique in neurological rehabilitation.

**Target Audience:** OT/OTA

**Course Length:** 4 hours

**Course Author/Instructor:** Martin, PT, MACT, Kessler, PT, MHS /Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

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

- State the philosophy of PNF
- List the PNF patterns for the extremities and trunk
- Describe applications of extremity and trunk patterns in neurorehabilitation
- Explain the use of PNF patterns and techniques within postures of the developmental sequence
- Identify which PNF techniques are most appropriate to promote the different stages of motor control
- Understand the rationale for using the PNF approach in neurorehabilitation

- Discuss the motor learning strategies used in PNF

### **Outline of Content:**

#### **Hour #1**

Introduction

History of PNF

Basic Principles of PNF

#### **Hour #2**

Biomechanical Considerations

Patterns

#### **Hour #3**

Therapeutic Interventions

Developmental Sequence

#### **Hour #4**

PNF and Motor Learning

Summary

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

### **Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

### **AOTA Classification Codes:**

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

### **Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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