Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Introductory Course
3 – 5 Oct 2019

Introduction
The PNF approach identifies mass movement patterns that are spiral and diagonal in character, and aims to successfully facilitate the response of a weak muscle by irradiation from a stronger muscle which is related to the same function.

Course Objectives
1. Gain an understanding of the philosophy and principles of PNF
2. Be skilled in the performance of the basic patterns of PNF including: (a) Scapular patterns, (b) Pelvic patterns, (c) Upper limb patterns, (d) Lower limb patterns
3. Acquire the ability to apply the techniques of PNF in a variety of both musculoskeletal and neurological conditions requiring movement re-education.
4. Be able to utilise PNF techniques as an efficient, effective method of increasing range of movement.
5. Develop an understanding of how to incorporate PNF with other treatment approaches in musculoskeletal and neurological conditions.
6. Have an ability to utilise PNF techniques in functional activities such as bed mobility, gait and sporting actions.
7. Develop an understanding of the current literature supporting the wide range of clinical uses of PNF.

Course Outline
The course will focus on skill development, clinical assessment and functional application utilising the PNF approach in management of a variety of musculoskeletal, orthopaedic and neurological conditions. It has a large practical component and will include a patient demonstration utilising skills taught.

Target Audience
Physiotherapists, Occupational Therapists, Physicians and other healthcare professionals working with patients with neurological, musculoskeletal, amputations or other orthopaedic conditions.

Course Details
Date: 3 – 5 Oct 2019 (Thu – Sat)
Duration: 3 days
Time: 9.00 am – 5.00 pm
Venue: Therapy Skills Training Lab
Academia Level 1
20 College Road
S (169856)
Fee: S$970 per pax (SingHealth staff)
(incl of 7% GST) S$1,080 per pax (Regular)

Teaching Faculty
Brendon Haslam is a physiotherapist from Melbourne, Australia currently working clinically in private practise in the areas of neurological and pain rehabilitation, having previously worked for more than 20 years in hospital based rehabilitation. He is a Senior Research Fellow at La Trobe University. His research is primarily concerned with increasing understanding in areas of sensory dysfunction and chronic upper limb pain following stroke, and the development of scientifically based treatments. He has been awarded titling in both Pain and Neurological Physiotherapy by the Australian Physiotherapy Association, and is a faculty member of the Neuro Orthopaedic Institute, responsible for presenting courses in pain sciences for clinicians.

Contact & Enquiries
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Uniti Curamus, Semper Discimus - Together We Heal, Forever We Learn
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Submit your registration form to Joyce Lee at joyce.lee.g.l@sgh.com.sg by 6 Sep 2019!

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.
By registering for the course, you agree to the terms & conditions of PGAHI. Click here or refer to PGAHI website for more information.

PARTICIPANT’S PARTICULARS

Name (to be reflected on cert):
Contact no.:
Email:

Profession:
☐ AHP (please indicate): _____________________________ ☐ Doctor ☐ Nurse ☐ Others: __________________

Department:
Organisation:
PRN/ MCR/ Nursing no. (if applicable):

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before 6 Sep 2019. There will be no refund of course fee for cancellation on or after 6 Sep 2019. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

☐ For cheque payment, please issue a crossed cheque payable to “Singapore General Hospital Pte Ltd” and mail the cheque attention to Joyce Lee, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856.

☐ For invoice to organisation, please complete the below billing details:

BILLING DETAILS

Bill to:
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Attention invoice to (name & department):
Email of addressee:
Contact no. of addressee:

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