



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# 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	: <b>Therapy Skills Training Lab Academia Level 1</b> 20 College Road S (169856)
Fee	: <b>\$970 per pax</b> (SingHealth staff) (incl of 7% GST) <b>\$1,080 per pax</b> (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

Miss Joyce Lee

Contact No.: (65) 6576 2708

Email: joyce.lee.g.l@sgh.com.sg

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## Registration Slip

# Clinical Application of Proprioceptive Neuromuscular Facilitation (PNF): Introductory Course

## 3 – 5 Oct 2019

Submit your registration form to **Joyce Lee** at [joyce.lee.g.l@sgh.com.sg](mailto: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:

Billing address:

Attention invoice to *(name & department)*:

Email of addressee:

Contact no. of addressee:

I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.