

Kaiser Foundation Rehabilitation Center PNF Program

PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF): SPECIALTY TRAINING FOR PHYSICAL THERAPISTS

Kaiser Foundation Rehabilitation Center, Vallejo, the birthplace of PNF, offers specialty training in the art and skill of Proprioceptive Neuromuscular Facilitation (PNF), as developed by Herman Kabat, MD, and Margaret Knott, PT. This training program, under the direction of Timothy G. Josten, PT, IPNFAI, is open to licensed Physical Therapists in three categories.

PROGRAM DESCRIPTION:

3-MONTH TRAINING COURSE

The 3-month course includes 4-6 ½ hours of didactic/lab instruction with individual feedback and 1½-4 hours of supervised patient treatment, 5 days per week, plus 1-3 working Saturdays or Sundays. Participants learn the philosophy, principles and techniques of PNF and other rehabilitation procedures for individualized therapeutic exercise, functional activities, group classes and ambulation. Daily supervised practice with fellow participants and application with primarily neurological patients are an integral part of the course. The course includes additional lectures on topics relevant to the rehabilitation process. Upon successful completion, participants will be granted **IPNFA® Level 3 status**.

6-MONTH TRAINING COURSE

The 6-month course involves an additional 3 months of training following successful completion of the 3-month course. Participants receive hands-on practical experience delivering patient care as an integral member of a rehabilitation team. They perform 4-5 hours of supervised primarily neurological patient care, 5 days per week, plus occasional working Saturdays or Sundays. Staff PT's and instructors provide individualized mentoring of residents on their rehab team. The course includes 1 hour per day of didactic/lab instruction in advanced PNF applications for neurological and orthopedic evaluation, movement analysis, treatment planning, treatment, and problem-solving. Upon successful completion of the 6-month course, participants will be granted **IPNFA® Level 4 status**.

9-MONTH TRAINING COURSE

The 9-month course is an additional 3 months of training following the successful completion of the 6-month course. Participants perform 4-5 hours of supervised patient care, 5 days per week, plus occasional working Saturdays or

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Sundays. They are integral members of a rehabilitation team and receive individualized mentoring by staff PT's and instructors. The course includes 1 hour per day of individualized didactic/lab instruction in advanced PNF applications for neurological and orthopedic evaluation, movement analysis, treatment planning, treatment, and problem-solving. Additionally, participants perform a patient demonstration. Upon successful completion of the 9-month course, participants may be granted **IPNFA® Level 5** and **International PNF Association Certified PNF Therapist status**.

ELIGIBILITY AND REQUIREMENTS

- Must be a graduate or student intern of an approved physical therapy program in the US
- Documentation Requirements: graduation certificate or, for PT student interns, letter of intent to graduate from PT School, current license to practice physical therapy (or physical therapy license applicant status with appropriate documentation), original social security card or birth certificate, driver's license or passport (picture ID), and résumé
- Signed physician statement that the applicant is free from any physical or sensory deficit that would limit performance in the practice of rehabilitation physical therapy

FEES/STIPEND/BENEFITS

PROGRAM FEE

For the 3, 6, or 9-month course, PNF Program fee is \$300*, payable on arrival.

STIPEND

6 and 9-month participants receive a monthly stipend of approximately \$1750 (before taxes).

BENEFITS

6 and 9-month participants receive basic health care benefits but must show evidence of health and accident insurance for the first month of the course.

LIVING ACCOMMODATIONS

Furnished, double occupancy bedrooms are available in two-bedroom, two-bath apartments. Rooms are made available to course participants at noon one day prior to the beginning date of the course. The cost for participants is \$535*



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per month plus a \$200 refundable Security Deposit. These accommodations are for course participants only. There is no housing available for family or friends.

Fully furnished apartment includes cable TV and internet connection, study desk, a fully supplied communal kitchen, ironing board and iron in each apartment. Pay washer/dryer facilities are on the apartment complex premises. Participants are responsible for their own meals and routine maintenance of the apartment. No pets are allowed.

*Program fees and housing fees may change at any time without notice.

THE KAISER FOUNDATION REHABILITATION CENTER

The Kaiser Foundation Rehabilitation Center occupies the 3rd floor of the Kaiser Foundation Hospital in Vallejo, California. Our Center's comprehensive rehabilitation services provide an integrated, multidisciplinary team approach to maximize the capacity of the whole person in function, communication, cognition, and participation in life. Most of this facility's patient population is adult and neurologically involved. The rehabilitation program is designed to evaluate, educate and train patients and their families to optimize their potential.

LOCATION/TRANSPORTATION

Vallejo is located approximately 40 miles from San Francisco International Airport at the northeast corner of the San Francisco Bay Area. The Rehabilitation Center is 3 miles from the center of downtown Vallejo. The apartments are located across the street from the hospital. Bus service is available between SF International Airport and Vallejo. (Schedules and costs are available upon request.)

DRESS CODE

Participants must provide their own work clothing that is professional and appropriate for providing patient care in a hospital setting. Participants and staff are required to wear navy blue slacks and white shirts at work. Slacks must be full length and allow ease of movement. Closed toe shoes and closed heels are required per hospital policy. Athletic shoes are acceptable if clean and neat.



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REGISTRATION

A registration form is provided in this brochure. Each 3-month course is limited to 12 participants. Upon receipt of the attached registration form, this office will forward information on completing the final requisites for PNF Program consideration.

Participants are accepted in order of receipt of their completed application/documentation materials. **A non-refundable \$125 processing fee is due when the attached registration is submitted.** This fee is to defray processing expenses.

All courses begin on or about the second week of January, April, July, or October.

MAIL REGISTRATION FORM TO:

PNF Program Coordinator
PNF Program - 3rd floor
Kaiser Foundation Rehabilitation Center
975 Sereno Drive
Vallejo, CA 94589
USA

For more information, please contact:

Debbi Bowen, PNF Program Coordinator
707- 651-2204
Debbi.C.Bowen@kp.org



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REGISTRATION FORM

I wish to apply for the following course in the Physical Therapy Proprioceptive Neuromuscular Facilitation Program at Kaiser Foundation Rehabilitation Center.

Check one: 3-month course 6-month course 9-month course

Check: Male Female

Check: I would be interested in housing

Please type or print:

Name: _____

Address: _____

Telephone number:

Cell: _____

Home: _____

E-mail address: _____

Present position: _____

Previous training (degrees, certificates): _____
