A Rare Educational Opportunity for PTs and PTAs

Bridging the Feldenkrais Method® & Physical Therapy with Marek Wyszynski, PT, GCFP

Treatment of Lower Extremity Dysfunctions

Join us to improve your patient rehabilitation outcomes. The functionally oriented exercise and education approach offered by the *Feldenkrais Method* can compliment and advance your neurological and orthopedic protocols. Based on principles of biomechanics, neurology and physiology, *Feldenkrais* techniques and exercises are uniquely designed to address the problematic postural and movement habits, which are embedded in your patient’s nervous system. This treatment approach addresses local injuries and pain through the coherent integration of the whole body in motion. The *Feldenkrais Method* can be used to restore normal movement in people of all ages and is applicable with clients of all fitness levels, from sedentary individuals to high-performing athletes.

**Dates and Times:**
- Friday, June 20, 2014 • 4:30pm–9:00pm
- Saturday, June 21, 2014 • 9:00am–5:00pm
- Sunday, June 22, 2014 • 9:00am–4:00pm

**Benefits of Attending**
- Full immersion in the *Feldenkrais* experience including exercises and hands-on lab
- Immediately applicable clinical skills for the orthopedic and neurological patient population
- Gentle methods and techniques effective even with your most challenging patients
- Tools to improve your own posture, quality of movement and comfort
- Fun & pleasurable experiential learning

“*Feldenkrais* represents a revolution in human health.”

Smithsonian Magazine

For more information, please call 212-727-1014 or visit our website at www.FeldenkraisInstitute.com.
Common orthopedic problems involving the lower extremity including:
- Bunions
- Ankle sprains and fractures
- Osteoarthritis of the knees and hips
- Patello-femoral dysfunction
- Meniscal and ligamentous injuries
- Varus and valgus deformities
- Iliotibial band syndrome
- Femoro-acetabular impingement

Neurological conditions affecting function of the legs including:
- Cerebrovascular Accidents
- Multiple Sclerosis
- Neuropathy
- Parkinson’s disease

Balance and gait difficulties

Postural dysfunctions

Low back pain, sciatica, spinal pathologies and neck pain

Workshop Objectives:

After completing this workshop you will be able to:

1. Understand the principles of proper skeletal support and efficient movement
2. Recognize the relationship between insufficient skeletal support and excessive muscle tension, spasm and myofascial tightness
3. Evaluate and diagnose lower extremity’s supportive and mechanical function
4. Identify common postural and movement dysfunctions that relate to the alignment of the lower extremity
5. Incorporate elements of the Feldenkrais Method in physical therapy treatments geared toward the improvement of basic functions such as getting up from a chair, squatting, lunging, walking up and down steps, hopping and jumping
6. Apply techniques to improve recruitment of the muscles including gluteus maximus, medius, minimus, hip rotators, transversus abdominis and vastus medialis obliques

Marek Wyszynski, PT, GCFP is a co-founder of the Feldenkrais Institute of New York, the nation’s largest Feldenkrais center devoted to the work of Dr. Moshe Feldenkrais. He also is a co-founder of the Feldenkrais Foundation and president of Physical Therapy and Feldenkrais NYC, P.C., and a member of the Hospital for Special Surgery Rehabilitation Network since 2003. Marek is a former supervisor of The New York Pain Treatment Program at Lenox Hill Hospital where he worked closely with the world-renowned physician Dr. Hans Kraus (one of the fathers of sports medicine, physical medicine and rehabilitation and trigger-point therapy, as well as President John F. Kennedy’s back pain physician.) Over the past 23 years, Marek has worked with people suffering from acute and chronic pain, world-class athletes, performing artists and those with orthopedic and neurological problems. Marek is a Hospital for Special Surgery Certified Hip Clinician. Marek’s articles include “Unity of Mind and Body in Scientific Research and The Feldenkrais Method: Example of Gait” (The Feldenkrais Journal), “Feldenkrais for People with Chronic Pain” (The Pain Practitioner, Journal of American Academy of Pain Management), and “A Structured Physical Therapy Approach for Treating the Muscular Components of Chronic Pain Syndromes” (The Journal of Back & Musculoskeletal Rehabilitation). Marek is a former national fencing champion of Poland and a fencing coach. He provides continuing education programs for health professionals and the public in the Feldenkrais Method.
Workshop Outline

- Introduction to the course & concepts
- Review of anatomy and physiology of the lower extremity
- Examination of the role the skeleton plays in counteracting and cancelling gravity
- The physics of weight bearing – loading and unloading
- The function of an “ideal” leg. Examples of aberrations and consequences
- Exploration of how the lower extremities bear weight during basic functions
- Evaluation of the alignment and the function of the foot, ankle, knee and the hip
- Demonstration of Feldenkrais Functional Integration® treatment (Hands-on)
- The role played by the muscles and skeleton in effective push-off
- Common problems and solutions for improved recruitment of gluteals, transversus abdominis and VMO
- Nine Awareness Through Movement® lessons to help you become more effective with your patients, while also improving your own neuro-muscular-skeletal organization and comfort
- Feldenkrais Home Exercise Programs

Special guest: David Zemach-Bersin, one of Dr. Feldenkrais’ original students, Senior Trainer and co-founder of the Feldenkrais Institute and the Feldenkrais Foundation, will make a presentation.

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Fee Information:
Regular fee: $450, Early bird: $400 – due by June 1, 2014
A 10% discount for groups of 2 or more participants

Target Audience:
Physical Therapists, Physical Therapy Assistants, Athletic Trainers, Strength/Conditioning Specialists, Personal Trainers, Rehabilitation and Medical Professionals

Continuing Education Credit for Physical Therapists & Physical Therapy Assistants:
This course has been approved for 19.2 Continuing Education Credits by New York Physical Therapy Association and Connecticut Physical Therapy Association. Approval by the New Jersey Physical Therapy Association for CEU Credits is pending.

“I believe Marek Wyszynski’s extraordinary fluency in anatomy and physiology facilitates his lucid teaching of self-awareness, self-correction, efficiency of movement and the Feldenkrais technique.”
George Green, M.D., Professor of Clinical Surgery, Columbia College of Physicians & Surgeons

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To register by mail
Bridging the Feldenkrais Method & Physical Therapy

Registered participants will receive a conformation via email.
Name: ____________________________________________
Email: _____________________________________________
Occupation: _______________________________________
Address: __________________________________________
City: ___________________ State: _________ Zip: ________
Phone: ____________________________________________

Payment
Check must accompany registration form.
Price ______ x Quantity ___ = Total enclosed: ________
M Check enclosed
For Credit card payments, please call 212-727-1014.

Cancellation Policy: Refund policy – A handling fee of $25 will be charged for cancellation. Refund requests must be received by mail one week prior to the course. No refund will be made thereafter.

Easy Registration!
Online: www.FeldenkraisInstitute.com
Phone: 212-727-1014
Mail: 134 West 26th Street
Second Floor
New York City, NY 10001

Pricing:
$450: Regular per person
$400: Early Bird per person
(Register before June 1, 2014)
10% discount for groups of 2 or more participants

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