A Rare Educational Opportunity for PTs and PTAs

Bridging the Feldenkrais Method® & Physical Therapy with Marek Wyszymski, 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.

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.

Friday, June 20, 2014 • 4:30pm–9:00pm
Saturday, June 21, 2014 • 9:00am–5:00pm
Sunday, June 22, 2014 • 9:00am–4:00pm

Dates and Times:

19.2 CEU Credits
New Perspectives on the Functional Rehabilitation of Patients with Lower Extremity Dysfunctions

Effective patient re-education is one of the keys to a successful rehabilitation process. Yet in many cases, our verbal suggestions and in-office demonstrations of better ways to sit, stand, walk and move, fail to provide lasting benefits and can make our patients feel self-conscious and unsuccessful.

Feldenkrais techniques and exercises can make a dramatic difference in rehabilitation. With carefully constructed movement sequences, they clarify specific functions or actions and provide proprioceptive, tactile and kinesthetic information designed to give your client’s nervous system an opportunity to experience and learn better postural options and movement patterns. Utilizing the brain’s plasticity, the Feldenkrais Method can add an important educational aspect to your client’s rehabilitation and bring about significant improvements in their movement and function.

In this workshop, you will learn a sophisticated therapeutic approach for improving the health and function of the feet, ankles, knees and hips. Clinicians will also benefit personally from the Feldenkrais Method. With better muscular-skeletal organization, you will be able to work with your clients more efficiently and comfortably.

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Fee Information:  
Regular fee: $450, Early bird: $400  
Due by June 1, 2014

“Feldenkrais is not just pushing muscles around, but changing things in the brain itself.”
Karl Pribram, M.D., Neuroscientist, Stanford University, Winner of the Havel Prize in Neuroscience

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134 West 26th Street  |  Second Floor  | New York City, New York 10001
Therapeutic Feldenkrais

Re-organizing habits, posture and movement patterns in the treatment of patients with orthopedic and neurological disorders, acute and chronic pain.

Gain an unique understanding of the alignment, control and dynamics of the entire lower body, pelvis and spine. Learn to be more effective in treating:

- Common orthopedic problems involving the lower extremity including:
  - Bunion
  - 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

Workshop Outline

“...I believe Marek Wyzynski’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

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 is also 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.

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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.

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To register by mail

Bridging the Feldenkrais Method & Physical Therapy

Registered participants will receive a confirmation via email.

Name: ____________________________________________

Email: _____________________________________________

Occupation: _______________________________________

Address: __________________________________________

City: ___________________ State: _________ Zip: ________

Phone: ____________________________________________

Payment

Check must accompany registration form.

Price _______ x Quantity ____ = Total enclosed: __________

☐ 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