



# POSITIONAL RELEASE THERAPY INSTITUTE



***HOST INFORMATIONAL PACKET***



PRT-i will come to you! PRT-i provides instruction in positional release therapy for private and public entities, including educational institutions and professional associations. We also will instruct pre-professional healthcare students enrolled in accredited educational programs. PRT-i faculty utilize sound evidence-based adult learning teaching methodology so the learning experience is both rewarding and lasting. All instructional offerings adhere to an instructor to participant ratio of 1:12 to maximize the hands-on learning experience.

We work to meet your positional release therapy instructional and budget goals. Courses are typically held over a weekend and are 1.5 days in length (e.g., Saturday 8am-4pm; Sunday 8am-12pm). However, the length of course as well as the focus can be designed to meet the instructional and budget goals of the Host. Six licensed health care professionals are needed to run a course or a mix of 12 professionals and students. Please contact us at [info@prt-i.com](mailto:info@prt-i.com) if you are interested in hosting a course.

#### **What can PRT do for your patients?**

PRT will eliminate or calm your patient's pain allowing your therapeutic interventions to be employed more readily, thereby, enhancing the speed at which you will be able to progress a patient to return to sport, work or life activity.

PRT will improve patient compliance with therapy and reduce no-shows because they will experience significant pain relief with their therapy. PRT will improve your therapeutic outcomes, particularly in the areas of:

1. Strength
2. ROM and flexibility
3. Pain
4. Trigger and tender points
5. Neuromuscular control

#### **Why should I host a PRT course at my facility?**

Hosting a course at your facility has several advantages over sending a practitioner to a conference or workshop elsewhere.

- Significant cost savings—the average cost of sending one practitioner to a manual therapy workshop out of state is over \$2,000.00 dollars and this cost does not include work-time loss!
- Everyone is on the same page—instead of having one or two individuals learn a particular therapy and bring it back to a clinic or educational institution, everyone is now not only informed about the therapy, but trained in the same way to encourage cross-utilization and integration among all practitioners at the Host facility.
- Custom programming—PRT-i will provide custom programming based on your facilities goals and needs.



## Message from Dr. Speicher, Founder of PRT-i

I came upon Positional Release Therapy (PRT) by accident in my early career as a university professor of therapeutic modalities. A previous professor left me their syllabus that listed D'Ambrogio and Roth's PRT text. The authors' claimed PRT would result in a 75-100% pain reduction on the first treatment. I thought the claim must be too good to be true, but based on my neuroscience background it seemed plausible, even if inflated. I thought if a patient's pain could be reduced to this degree; I may have found the Holy Grail of Therapy! Therefore, I attempted it on my track and field patients as well as my students. Unfortunately, I did not experience the profound pain reduction claimed, but did have some marginal success, so I stuck with it, but struggled for many years with the proposed method of treatment and charting of tenderpoints as outlined by D'Ambrogio and Roth and others today. I discovered across texts and trainings at conferences that there was not a systematic and straightforward way to learn and apply the therapy, particularly to an athletic population. I was motivated to find a better way to not only apply PRT to my patients, but how to teach it to my students so they could experience success on their initial attempt. I wanted them and their patients to have the Holy Grail experience that took me a decade to obtain through my research, teaching and clinical practice.

Since 2006, we have provided PRT instruction and recently Positional Release Therapist Certification (PRT-c™), to a multitude of practitioners from non-profit and profit entities nationwide. I am fortunate and honored to have had the opportunity to apply and advance the practice of Positional Release Therapy and hope that those who experience their Holy Grail moment, provide gratitude to those who through their clinical practice, teaching and research, have and continue to move forward this transformative therapy. It is my vision through our training of practitioners, they will no longer have a need to put the majority of their patients in pain in order to heal them and that PRT research, its wide-spread clinical practice and the professional instruction we provide, will serve as catalysts for the realization of this vision.

Tim Speicher, PhD, ATC, LAT, CSCS, PRT  
President and Positional Release Therapist



## Instructional Objectives

- Course participants will gain an understanding of the theory and research supporting the use of PRT.
- Course participants will learn specific PRT techniques and procedures for common musculoskeletal and neurological conditions.
- Course participants will gain skill in:
  - o Myofascial mapping/scanning
  - o Tissue assessment of tender and trigger points
  - o Gait / biomechanical assessment and use of ADL education techniques to reduce spine and pelvic pain (dependent on course selection).
- Course participants will gain confidence in the application of innovative PRT diagnostic and treatment innovations developed by Dr. Speicher, such as the Fasciculatory Response Method (FRM)—Pat. Pending, and Arthrokinematic Joint Manipulation

## Course Pre-Requisites

- Licensed or nationally certified health care practitioner, e.g., LMT, AT, PT, DO, MD, PA, RN, DC, PTA (if you are not on this list, please inquire with PRT-i to see if your credentialing fulfills this pre-requisite)
- Pre-professional health care students: Currently enrolled health care students from an accredited educational program are eligible for training and certification

## Typical Host Course Options:

PRT-i can accommodate groups ranging from 6 to 150 participants, based on availability. Typically, it requires 2-3 months to arrange a course.

## Cost

Host course pricing depends on the length of course, make-up of attendees (e.g., students vs. professionals or both) and the budget of the facility. Contact us for a pricing proposal.

A complimentary course registration and honorarium are provided to the Host for public offerings. Additionally, if a previous course participant brings PRT-i to their facility or organizes a hosted course, they will receive a complimentary registration.





## Course Descriptions

### Lower Quarter

In this session, lower quarter PRT techniques and clinical approaches to specific pathological conditions are addressed, such as plantar fasciitis, iliotibial band friction syndrome and others. Course attendees receive comprehensive instruction on surface anatomy palpation, myofascial mapping/scanning and one-to-one instruction on how to appropriately palpate and treat tender and trigger points with PRT. Course attendees also receive basic instruction on lower extremity biomechanical influences that can serve as myofascial restriction triggers.

### Upper Quarter

In this session, upper quarter PRT techniques and clinical approaches to specific pathological conditions are addressed, such as impingement syndrome, bicep tendonitis and others. Course attendees receive comprehensive instruction on surface anatomy palpation, myofascial mapping/scanning and one-to-one instruction on how to appropriately palpate and treat tender and trigger points with PRT. Course attendees also receive basic instruction on upper extremity biomechanical influences that can serve as myofascial restriction triggers.

### Spine and Pelvis

In this session, spine and pelvic PRT techniques and clinical approaches to specific pathological conditions are addressed, such as low back pain, piriformis syndrome and others. Course attendees receive comprehensive instruction on surface anatomy palpation, myofascial mapping/scanning and one-to-one instruction on how

to appropriately palpate and treat tender and trigger points with PRT. Course attendees also receive basic instruction on activity of daily living instruction for management of low back pain and biomechanical influences that can serve as myofascial restriction triggers.

### Craniosacral

In this session, craniosacral PRT techniques and clinical approaches to specific pathological conditions are addressed, such as migraine, TMJ and others. Course attendees receive comprehensive instruction on surface anatomy palpation, myofascial mapping/scanning and one-to-one instruction on how to appropriately palpate and treat tender and trigger points with PRT.

### Facilitated Positional Release

This advanced course utilizes manual therapy techniques, such as muscle energy, coupled with traditional PRT to resolve resistant tissue restriction and chronic pain. (Pre-requisite: Lower, Upper, or Spine and Pelvis).



## Certification

### Positional Release Therapist Certification (PRT-c™)

Participants can earn their certification as a Positional Release Therapist by taking two educational sessions (Spine and Pelvis and either Upper or Lower Quarter) and through successful completion of a written and oral practical examination. Once Certified, practitioners have the option of being listed on the PRT-i Practitioner Network so patients can find them!

The fee for certification is \$175.00. To maintain certification, PRT-c practitioners are required to take a PRT-i course or refresher every three (3) years and pay an annual re-certification fee of \$50.00.

### Certification Requirements

1. 70% proficiency on written and oral practical certification examination.
2. Proof of professional certification/license must be provided after successful exam completion in order for PRT certification to be provided
3. Pre-professional health care students: Currently enrolled health care students from an accredited educational program are eligible for certification, but must receive their professional certification prior to being awarded their PRT-c. Students can take their certification exam after completion of the Spine & Pelvis course and an Upper or Lower Quarter course.

### Educator Certification (PRT-e™)

Certified Positional Release Therapists can become a Certified PRT Educator through additional training. Training involves instruction on adult learning theory, pedagogical instructional techniques as well as intensive training on additional PRT-i techniques and therapies. As an educator, you will have the ability to instruct for PRT-i.

### Certification Requirements

1. 5 years of clinical practice and teaching experience
2. Completion of the following courses: Spine and Pelvis and Lower and Upper Quarter
3. Positional Release Therapist Certified-PRT-c™
4. Completion of the Educator Certification Training Program and certification exam
5. 70% proficiency on written and oral practical educator certification examination
6. Proof of professional liability insurance



## Testimonials

### Patients

*"Thanks to PRT, my marathon training has been pain and injury free! PRT is an amazing therapy that really works and the best part is it doesn't hurt! I have been able to really enjoy running after understanding why I was having pain in the first place. This has helped me so much and I would recommend this therapy to anyone wanting to become a better runner and of course not have injuries....what more could you ask for?!" - Arrienne W.*

*"I sought out PRT when I was unable to walk because of severe knee pain. I had sought help from a variety of health practitioners without any success. PRT helped me regain health and taught me proactive strategies that have kept me out there hiking, backpacking, rock climbing, ice climbing and more for the past ten years." - Caltha C.*

*"I am a 67 year old male who continues to enjoy rock and ice climbing, mountaineering and backpacking as a result of the positional release therapy I have received. The use of positional release therapy provided almost instant pain reduction and muscle relaxation." - Jerry A.*

### Course Participants

*"I support PRT-i and its utility as a manual therapy technique with patients with any musculoskeletal pain or discomfort. Additionally, I would recommend any musculoskeletal practitioner to learn the concepts and take the instructional course to add a new tool that only requires ones hands to their box of therapeutic interventions."*

*- Brad H., PhD, ATC/L Univ. of Utah Athletic Training Program Director*

*"I can't thank you enough for coming down and putting on the course for us last weekend. I will speak for everyone when I say that it was a great experience and will be a great tool for us to use. We already have study and practice sessions scheduled weekly for the next 4 weeks. I have seen everyone practicing and utilizing the technique already this week. I think that it's important for ATs to develop manual therapy skills and this is a great technique with great results."*

*- Patrick T., MS, ATC, LAT, IMG Academy Head Athletic Trainer*

*"It's easy to learn! It's a very simple, effective treatment method! The instructors have an excellent approach to teaching the technique to a variety of clinicians (student to experienced practitioner)."*

*- California Baptist University Athletic Training Student*





## Faculty

PRT-i Faculty are seasoned clinicians and educators.

*Dr. Timothy Speicher, PhD, ATC, LAT, CSCS, PRT*

- Founder of PRT-i and Positional Release Therapist
- Assistant Professor- DSc, Doctor of Science in Health Science, Rocky Mountain University of Health Professions

*Dr. Sam Chen, PT, DPT, ATC*

- Physical Therapist, Champion Sports Medicine at the University of Alabama

*Dr. David Draper, EdD, ATC, LAT*

- Professor of Sports Medicine/Athletic Training, Brigham Young University

*Jeff Hurst, MS, ATC, LAT, LRT, EMT*

- Head Athletic Trainer, Brigham Young University

*Dr. Regis Turocy, DHCE, MPT*

- Physical and Manual Therapist, Private Practice

*Nina Walker, MA, ATC, CSCS*

- Athletic Trainer and lecturer, University of North Carolina-Chapel Hill

*Dr. Catherine Varney, DO, PT, ATC*

- Family Physician in practice

## Recent Clients

### Professional Associations

- National Athletic Trainers' Association
- American Massage Therapy Association- Utah Chapter
- Pennsylvania Athletic Trainers' Society
- Utah Athletic Trainers' Association
- Rocky Mountain Athletic Trainers' Association

### For- Profit Entities

- IMG Academy
- HealthWorks Rehab and Fitness

### Educational Programs

- California Baptist University AT Education Program
- University of Idaho AT Education Program



**POSITIONAL RELEASE  
THERAPY INSTITUTE**

### Contact Us:

[www.prt-i.com](http://www.prt-i.com)  
(801) 479-7588  
5688 Harrison Blvd.  
Ogden, UT 84403