



Take care about youth physical therapists!

Youth European Association of Physiotherapy

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Headquarter: ul. Krasińskiego 48, Legionowo 05-120, Poland

**Kaiser Foundation Rehabilitation Center
PNF - School
Mr. Tim Josten, PT, IPNFAI, Director**

Vallejo, California, 11.06.2008

Declaration of members of Executive Board of Youth European Association of Physiotherapy (YEAP)

- 1) MS PT Andrzej Sulimierski – YEAP Chairman**
- 2) MS PT Beata Wnuk – Yeap board member**

Our background:

Both of us received Masters degrees from the Academy of Physical Education of Josef Pilsudski in Warsaw Poland. We actively participate in both Polish and European physiotherapy communities organizing conferences, courses and events targeted to physical therapists. We are trained in methods like NDT Bobath, Manual therapy Kaltenborna-Evjent, Mckenzie, Neuro dynamic solution, TheraSuit, Kinesiotaping, Sensory integration, Doman – Delacato. We work with adult and pediatric patients in neurological and orthopedic field. From our point of view PNF is highly useful and addresses well the needs of these. We get also this possibility to come to Vallejo and take a part in 9 month PNF course.

As members of the association board, we declare that Kaiser Foundation Rehabilitation Center in Vallejo, California and in the particular the PNF postgraduate training program offered by this facility, provides the most unique and intensive training in PNF for Physical Therapist in the world. As board members of the YEAP association we are in touch with polish and European young therapists. Many of them know Vallejo as a highly desired facility to get the most extensive experience. Many of them would prefer to participate in courses in Kaiser Vallejo instead of attending short-term courses in their country. It's the only place in the world to experience the spirit of this approach, world's class physical therapy, and well-prepared syllabi. Participants can use PNF daily to treat a very wide range of patient problems.

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The reality in Poland and other European countries for PNF training, the course system that exists is for a short period of time – 1-2 weeks with half year break between each course. In comparing this to the current courses at KP Vallejo, the 3, 6, or 9 months courses provide much more experience and most important, clinical reasoning.

Participants are provided a large amount of time to practice and apply the most essential components of this approach. They can also learn utilization of several helpful techniques while gaining a vast amount of experience under supervision of several international advanced instructors of PNF. The fact that participants receive feedback over a prolonged time is really important and can't be obtained in regular courses in Europe. Although these regular European courses are provided also with 1-2 international instructors, the limited number of instructors and the short time frame of each course is not enough to pass on such a large amount of knowledge in a short time.

The Vallejo program is very detailed and has extended time to explain each case and in contrast, help participants to evaluate and develop problem solving skills. In Vallejo, instructors develop an individual's pathway to improve all of their PNF skills. This does not exist in regular IPNFA courses. Teaching in the Vallejo PNF program is very intense training that includes an experienced way of teaching for international physical therapists. A big advantage of attending the Vallejo program is the carefully designed written education material - handouts and text books.

Both of us participated in basic PNF courses in Poland – Even though they were internationally certified they weren't as detailed, didn't give enough answers to all of our questions, and didn't let us become efficient therapists - realizing how to assess and treat wide variety patient problems that well-trained therapists should acutely evaluate and choose the best individual way of treatment.

As members the board of Youth European Association of Physiotherapy, we highly recommend Kaiser Foundation Rehabilitation Center PNF program as a place for physical therapists to improve their experience in PNF. We wish everybody to get an opportunity to participant in this program.

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