Specialty Training for Physical Therapists

These are post-graduate courses in the art/skill of Proprioceptive Neuromuscular Facilitation (PNF), as developed by Herman Kabat, MD, and Margaret Knott, PT. These programs, under the direction of Timothy G. Josten, PT, IPNFAH, are open to enrollees in two categories.

3-Month Course

The therapist is in training for 3 months. Classes are held 8 hours daily, Monday through Friday, with 2-3 working Saturdays. Tuition is $300, payable on arrival. Some furnished housing is available for $200 per month. These apartments are double occupancy only. Each apartment accommodates 4 participants (2 bedrooms-2 persons/room).

3-month participants must show proof of own coverage for accident and medical health care insurance for traveling and for the duration of their assigned course. The US government also requires that each participant bring a minimum of $2000 to cover expenses and emergency return travel costs.

6-Month Course

The therapist is in the same course as the 3-month participant for the first 3 months immediately followed by another 3 months of hands-on practical experience delivering direct patient care. Tuition is $300.

6-month participants receive a small monthly stipend of $1033. (American participants are subject to tax, disability, and social security deductions. Foreign-trained participants are subject to disability insurance deductions only.)

6-month participants receive free basic health care benefits (medical only; no dental or optical), but must purchase and show proof of traveling insurance. The US government also requires that each participant bring a minimum of $2000 to cover expenses and emergency return travel costs.

9-Month Course

Encompasses the 6-month course or equivalent.

Therapists are active members of a rehab team with 4-5 hours of supervised direct patient care.

Therapists participate in 1 hour of classroom instruction for more intense training in advanced PNF neurological and orthopedic functional evaluation, treatment planning, pattern modifications, gait analysis, preparation for teaching PNF and research design.

Therapists have 1-2 hours for required research projects, case studies, patient demonstrations and teaching assignments. Supervision and videotaping of these activities is provided with 1:1 verbal feedback and written critiques.

Participants receive IPNFA coursework credit upon successful completion of a program.

All classes begin on or about the first working day of January, April, July, or October. A waiting list of enrollees usually fills courses 2 to 3 years in advance.

*Tuition and housing fees may change at any time enrollees usually fills courses 2 to 3 years in advance.

Eligibility

US Applicants

• Must be a graduate of an approved physical therapy school in the US

• Documentation Requirements: graduation certificate, current license to practice physical therapy, original social security card, driver’s license or passport (picture ID), and resume

• $125 registration fee

Please note the cancellation box on the registration form and indicate if you would like to be placed on the waiting list. We have frequent cancellations for the 3-month course, and applicants on the cancellation list move up quickly to earlier course dates.

Foreign Applicants

• Must be a graduate of an approved physical therapy curriculum

• Recommend 2 years of clinical experience beyond physical therapy school graduation and required internships

• Proof of proficiency in English (read, speak, write, understand; original TOEFL scores and scoring keys, must pass with a computer-based score of 200 or better) followed up with a brief verbal test administered by PNF personnel.

• 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

• Evidence of travel, health, and accident insurance coverage to/from the US (and for tuition-paying participants, evidence of this same insurance coverage for the duration of the program)

• Signed statement of intent to return to his/her own country following this program's completion

Information regarding visa procurement for entry into the US will be provided by this office upon acceptance into the PNF Program.

Curriculum

The 3-month course includes 4-6½ hours of classroom instruction with individual feedback and 1½ - 4 hours of patient treatment daily, 5 days a week. This course covers techniques of Proprioceptive Neuromuscular Facilitation and other rehabilitation procedures as they apply to individualized therapeutic exercise programs, gymnasium activities, mat programs, and ambulation. Most of this facility’s patient population are adult and neurologically involved. These courses also include medical lectures and daily supervised practice with fellow students.

The 6-month course encompasses the 3-month course for the first half and is then immediately followed by active participation on a rehab team, delivering 7 hours daily of supervised direct patient care. A classroom setting is provided for 1 hour daily to review practice styles, learn more sophisticated PNF skills, and to problem solve individual patient issues.

Participants receive IPNFA coursework credit upon successful completion.

Uniforms

Participants must furnish their own clothing. Participants and staff are required to wear navy blue slacks and white shirts to work. Slacks must be full length and have loose pant legs. Men’s undershirts are not acceptable. A closed toe shoe is required for safety. Tennis shoes are acceptable if clean and neat.

Living Accommodations

Some furnished, double-occupancy rooms are available 1 block from the hospital. Your room will be available to you at noon 1 day prior to the beginning date of the course. The cost for participants is $200 per month. These accommodations are for course participants only. There is no housing available for family or friends.
Included: fully furnished apartment includes TV, VCR, individual study desk; microwave oven; all linens (including sheets and towels); a fully supplied communal kitchen; communal coin-operated laundry; ironing board and iron; and barbeque.

Not included: individual board and maintenance of apartment. Electrical converters for European appliances are not available. No pets are allowed.

*All bedrooms are 2 persons/room

Address and Telephone Numbers

During your participation in the course, your address will be:

(Your name), PT
c/o KFRC/PNF School
975 Sereno Drive, 3rd floor
Vallejo, California 94589
USA

The emergency telephone number from 8 a.m. to 5 p.m., Monday through Friday is (707) 651-2204.
Fax: (707) 651-2199
Email: pat.banks@kp.org

Apartments are assigned individual telephone numbers. You will be notified of your apartment address and its corresponding telephone number upon your arrival. Telephones are restricted from long distance calls. For your convenience, it is suggested that you use calling cards or call collect.

Location/Transportation

Vallejo is located approximately 40 miles from the San Francisco International Airport at the northeast corner of San Francisco Bay. The Rehabilitation Center is 3 miles from the center of downtown Vallejo. The apartments are directly across the street from the hospital. Bus service is available to/from the International Airport and to/from Vallejo proper for hospital accessibility (schedules and costs are available upon request).

Rehabilitation Center

Kaiser Foundation Rehabilitation Center occupies the 3rd floor of Vallejo’s Kaiser Foundation Hospital. Our Rehabilitation Center is organized as a comprehensive physical rehabilitation unit for the purpose of providing an integrated, multi-disciplinary team approach to maximize functional self-sufficiency in physical, cognitive, orthopedic and/or sensory perceptual impairment.

Most of this facility's patient population are adult and neurologically involved. The therapy program is an intense effort by the staff to communicate and focus on cross-disciplinary goals that reflect individual patient assessment and prognosis. These goals are measurable and described in functional terms including time frames for achievement and follow-up for future continuity of care.

Registration

A registration form is provided in this brochure. Each class is limited to 12 participants. Upon receipt of the attached registration form, this office will forward information on completing the final requisites for enrollment. 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 secretarial costs for postage, correspondence, and tracking individual applications.

Mail Registration Form To:
Patricia Banks, Coordinator
Post-Graduate PT / PNF Program
Kaiser Foundation Rehabilitation Center
975 Sereno Drive
Vallejo, California 94589
USA

International Postgraduate Programs

Proprioceptive Neuromuscular Facilitation

Philosophy & Techniques

Kaiser Foundation Rehabilitation Center

Vallejo, California, USA