

PNF: Refreshed!

40 years of Mary Massery Tweaks

Coming to Medstar Georgetown University Hospital April 10-12, 2026.

Cost:\$700. Payment details forthcoming.

Space is limited, if interested in getting on the list please email: Laura. Ruiz@gunet.georgetown.edu

INSTRUCTORS: Mary Massery, PT, DPT, DSc
and Vincent Leddy, PT, DPT, PCS

SCHEDULE: Total 20.5 contact hours

-April 10: 9:45 am - 7:15 pm

-April 11: 8:00 am - 5:30 pm

-April 12: 8:00 am - 2:30 pm

The purpose of this course is to apply current PNF research, philosophy and treatment concepts to pediatric and adult patients with neuromuscular, musculoskeletal, and/or cardiopulmonary conditions. The extensive use of hands-on labs; dissection of functional tasks to facilitate goal-directed movements; use of techniques with specific clinical cases; and a live patient demonstration, will "refresh" PNF for today's practitioner. Participants will leave with sharpened skills and an abundance of new ideas on the immediate application of PNF to their practice.

COURSE OBJECTIVES:

At the conclusion of the course, participants should be able to:

1. Describe the philosophy and historical development of PNF.
2. Demonstrate refinement in their PNF therapeutic handling skills.
3. Expand their treatment planning ideas for patients with neuromuscular, musculoskeletal and/or cardiopulmonary impairments via multiple clinical cases, and the inclusion of a live patient demonstration when possible.
4. Design a PNF-based intervention strategy in small groups for improved trunk function for a specific patient using the concepts presented throughout the course, and present the case back to the class.



It's how we treat people.



MedStar Health