



# OPTA WORKSHOP

## Primal Reflex Release Technique

*Presented by Mike Pennington, MSPT*



**SATURDAY, October 16, 2010**

8:30 am Registration \* 9:00 am - 4:30 pm Course Hours  
(with one hour for lunch - on your own)  
Continuing Education Hours: 6

Life's Work PT  
541 NE 20th, Suite 215 - Portland, Oregon 97232  
[www.lifesworkpt.com](http://www.lifesworkpt.com)

- class size limited -

*PRRT is the newest, most exciting manual therapy technique in decades.*

### COURSE OBJECTIVES

- You'll learn how to examine and treat patients like never before.
- The results of your PRRT treatment will be more gratifying for both you and your patients than any approach you've ever studied.
- PRRT is based on finding and correcting overly protective muscle & joint reflex mechanisms as seen in patients having limited and painful motion.
- This has been a major missing piece in the puzzle of pain..... but no longer.
- PRRT fits seamlessly with whatever current techniques you now use.
- With the coming changes in health care reimbursement it will become even more critical that you be able to get results faster.
- When you use PRRT, you'll find that every other technique you now use will be much more effective.
- There are now nearly 2000 practitioners trained in PRRT worldwide.

Now's your chance to experience what will become an integral part of manual therapy in the future.

*"I have known John Iams, PT for 25 years. We have shared many ideas on pain treatment and management. He has developed a revolutionary, sensational, unique and highly effective treatment for pain. It is PRRT. I utilize it in my practice and many of my patients have experienced excellent long lasting relief of pain. I strongly recommend learning PRRT. It will change your approach to pain treatment."*

*Tom Watson PT, DPT, MED  
Diplomate American Academy of Pain Management*

### SPEAKER: Mike Pennington, MSPT

Michael Pennington was born in Redland, CA and raised in the Rogue Valley. Mike graduated from Hidden Valley High School in 1987; he then attended Pacific University in Forest Grove where he received his degree in 1999 with advanced training in manual therapy techniques. Mike has been in the PT arena for the past 14 years, running a busy clinic in Grants Pass (Precise Touch Physical Therapy), during this time he was nominated as number one physical therapist in the Rogue Valley. Mike was affiliated with Outlook Physical Therapy and Northwest Spine and Pain Center, and then in 2006 he opened his own clinic in Talent Oregon Turning Point Physical Therapy.



Mike is committed to finding the source of patient's pain and offers an array of approaches. Continued education is very important to Mike. Here are a few of his favorites. In 2001 he attended the Strain and Counterstrain<sup>1</sup> at Jones Institute, 2004 The Thorax: An integrated approach and the PRRT initial training, 2006 The PRRT intermediate Training, 2007 The PRRT Advanced Training, 2008 Astym through Performance Dynamics Inc., 2009 MetabolicRx Therapy through MHPS Inc. and in 2010 Essentials of elite performance at Z- Health Performance Solutions LLC.

Mike has been trained by Super Spine Inc. as an authorized instructor for Primal Reflex release techniques (PRRT) "This course truly changed my life and practice. This is why I decided to become an instructor in this cranial/neurological work. This is a course that should be taken by anyone who practiced in the musculoskeletal pain arena" (PT, OT, MT, DC, LAC)

### Continuing Education Credit

CE Hours 6 - This course meets the Oregon Physical Therapist Licensing Board's requirements for continuing education. A course completion certificate will be issued to registrants upon completion of the course. Oregon licensed therapists and assistants are encouraged to consult Division 35 of the licensing board's administrative rules for complete information regarding CE requirements in Oregon.

### Course Restrictions

Registrations must be received by October 8, 2010. Space is limited, so early registration is encouraged to secure your spot. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated, and will be notified. Registrations will be accepted on a first-come, first-served basis. In the event of inadequate registration, weather problems or other events beyond OPTA's control, a meeting may occasionally be moved or cancelled. Should this occur, an attempt will be made to contact registrants and fees will be refunded.

### Confirmation Letters

Registrations received by October 8, 2010 will receive a confirmation letter by mail. Registrations received after October 8, 2010 will not receive a confirmation letter.

### Cancellation Policy

Cancellations received on or before 5:00 pm October 8, 2010 will receive their total registration fees minus a \$25 administrative fee. Cancellations received after 5:00 pm October 8, 2010, no shows or same-day cancellations, won't be refunded.

# OPTA OCTOBER 16<sup>th</sup> WORKSHOP REGISTRATION

## Primal Reflex Release Technique

### REGISTRATION:

Name (Include designations) \_\_\_\_\_

Company/Facility \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home  Work - Is this a database change?  Yes  No

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

APTA# \_\_\_\_\_ OR Lic. # \_\_\_\_\_

*Liability Waiver: By registering for this course, you waive all liability to OPTA for any injury that may occur in the course.*

### Course Registration Fees:

- |   |       |  |
|---|-------|--|
| <input type="checkbox"/> OPTA Member          | \$175 |  |
| <input type="checkbox"/> OPTA Service Member* | \$150 | *I serve on the following OPTA board position or committee _____ |
| <input type="checkbox"/> PT or PTA Non-Member | \$275 |  |
| <input type="checkbox"/> OPTA Student Member  | \$100 |  |
| Total Amount Due \$ _____                     |       |  |

PAYMENT OPTIONS:  Check, Payable to OPTA  Visa/MasterCard  American Express

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Amount Authorized \$ \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Card Billing Address (required) \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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Send to OPTA via fax at 503.253.9172 or mail to 147 SE 102<sup>nd</sup> Avenue, Portland, OR 97216.

Questions? Call 503.262.9247 or toll free at 1.877.452.4919 or email us at [info@opta.org](mailto:info@opta.org).