



KAISER PERMANENTE®

SPECIALTY TRAINING FOR PHYSICAL THERAPISTS

We offer specialty training in the art and skill of Proprioceptive Neuromuscular Facilitation (PNF), as developed by Herman Kabat, MD, and Margaret Knott, PT. This training program, under the direction of Timothy G. Josten, PT, IPNFAL, is open to licensed Physical Therapists in three categories.

*****FOREIGN-TRAINED PHYSICAL THERAPISTS PLEASE NOTE:** Since 2010, the required H-3 visa has not been approved for any foreign-trained therapist. Currently the only way to participate in the Kaiser Vallejo PNF Training Program is with **U.S. Citizenship**, a **U.S. green card**, a **J-2 visa** (as a spouse of a person with a J-1 visa) or with an **F-1 OPT Practical Training Visa** (pursuit of a related undergraduate or graduate degree for more than 9-months of education at a qualifying U.S. school, followed by application of the OPT visa through the school for “Optional Practical Training” in the related field of study). As soon as another viable option becomes available we will update the IPNFA website.

PROGRAM DESCRIPTION:

3-MONTH TRAINING COURSE

The 3-month course includes 4-6 ½ hours of didactic/lab instruction with individual feedback and 1½-4 hours of supervised patient treatment, 5 days per week, plus 1-3 working Saturdays. Residents learn the philosophy, principles and techniques of PNF and other rehabilitation procedures for individualized therapeutic exercise, functional activities, group classes and ambulation. Daily supervised practice with fellow residents and application with patients are an integral part of the course. The course includes additional lectures on topics relevant to the rehabilitation process.

6-MONTH TRAINING COURSE

The 6-month course involves an additional 3 months of training following successful completion of the 3-month course. Residents receive hands-on practical experience delivering patient care as an integral member of a rehabilitation team. They perform 4-5 hours of supervised patient care, 5 days per week, plus occasional working Saturdays. Staff PT's and instructors provide individualized mentoring of residents on their rehab team. The course includes 1 hour per day of didactic/lab instruction in advanced PNF applications for neurological and orthopedic evaluation, movement analysis, treatment planning, treatment, and problem-solving.

9-MONTH TRAINING COURSE

The 9-month course is an additional 3 months of training following the successful completion of the 6-month course. Residents perform 4-5 hours of supervised patient care, 5 days per week, plus occasional working Saturdays. They are integral members of a rehabilitation team, and receive individualized mentoring by staff PT's and instructors. The course includes 1 hour per day of individualized didactic/lab instruction in advanced PNF applications for neurological and orthopedic evaluation, movement analysis, treatment planning, treatment, and problem-solving. Additionally, residents have a supervised teaching assignment, and perform a patient demonstration. Residents also research a selected topic related to PNF and give a presentation of their project.



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ELIGIBILITY AND REQUIREMENTS

US APPLICANTS

- Must be a graduate of an approved physical therapy program in the US
- Documentation Requirements: graduation certificate, current license to practice physical therapy (or physical therapy license applicant status with appropriate documentation), original social security card or birth certificate, driver's license or passport (picture ID), and résumé
- 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 health and accident insurance coverage for travel to/from the program and for the first month of the course. Currently, residents staying for only the 3-month course are required to have health and accident insurance for the entirety of their stay.

FOREIGN APPLICANTS

- Must be a graduate of an approved physical therapy program
- Documentation Requirements: graduation certificate, passport, and résumé; evidence of two years of clinical experience beyond graduation from a physical therapy program and required internships
- Since the PNF course is taught in English, and patient care is in English, applicants must be proficient in ability to read, write, speak and comprehend the English language before acceptance into the program. If not from an English speaking country, applicants must successfully pass the TOEFL test or an equivalent test of English as a foreign language. The PNF Program requirement for English proficiency is based on ETS score scales. Score reports contain four sections: Reading, Listening, Writing and Speaking. The PNF Program requirement for passing is a minimum score of 18 in each of the four sections, without exception.
- 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 health and accident insurance coverage for travel to/from the US and for the first month of the course. Currently, residents staying for only the 3-month course are required to have health and accident insurance for the entirety of their stay.
- The US government requires that each foreign resident bring a minimum of \$2000 to cover expenses and emergency return travel costs.
- Signed statement of intent to return to his/her own country following the program's completion

Information regarding H-3 visa procurement for entry into the US will be provided by this office upon acceptance into the PNF Program. **Acceptance is contingent upon decision by U.S.**

Citizenship and Immigration Services.



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FEES/STIPEND/BENEFITS

PROGRAM FEE

For the 3, 6, or 9-month course, PNF Program fee is \$300*, payable on arrival.

STIPEND

6- and 9-month residents receive a monthly stipend of approximately \$1585 (before taxes).

BENEFITS

6- and 9-month residents receive free basic health care benefits (medical and limited optical, no dental), but must show evidence of health and accident insurance for travel to/from the program and for the first month of the course.

LIVING ACCOMODATIONS

Furnished, double occupancy bedrooms are available in two bedroom, two bath apartments. Your room will be available to you at noon one day prior to the beginning date of the course. The cost for residents is \$400* per month plus a \$200 refundable Security Deposit. These accommodations are for course residents only. There is no housing available for family or friends.

Fully furnished apartment includes cable TV and internet connection, VCR and/or DVD player, study desk, microwave oven, all linens (including sheets and towels); a fully supplied communal kitchen; ironing board and iron in each apartment. Pay washer/dryer facilities are on the apartment complex premises.

Residents are responsible for their own meals and routine maintenance of the apartment.

Electrical converters for European appliances are not available. No pets are allowed.

*Program fees and housing fees may change at any time without notice.

REHABILITATION CENTER

Kaiser Foundation Rehabilitation Center occupies the 3rd floor of Kaiser Foundation Hospital in Vallejo, California. Our Center's comprehensive rehabilitation services provide an integrated, multidisciplinary team approach to maximize the capacity of the whole person in bodily function, communication, cognition, and participation in life. Most of this facility's patient population is adult and neurologically involved. The rehabilitation program is designed to evaluate, educate and train patients and their families to optimize their potential.



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LOCATION/TRANSPORTATION

Vallejo is located approximately 40 miles from San Francisco International Airport at the northeast corner of the San Francisco Bay Area. The Rehabilitation Center is 3 miles from the center of downtown Vallejo. The apartments are located across the street from the hospital. Bus service is available between SF International Airport and Vallejo. (Schedules and costs are available upon request.)

UNIFORMS

Residents must provide their own work clothing that is professional and appropriate for providing patient care in a hospital setting. Residents and staff are required to wear navy blue slacks and white shirts at work. Slacks must be full length and allow ease of movement. Closed toe shoes and closed heels are required per hospital policy. Athletic shoes are acceptable if clean and neat.

ADDRESS AND TELEPHONE NUMBERS

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

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

The emergency telephone number from 8 a.m. to 5 p.m., Monday through Friday:

(707) 651-2204
Fax: (707) 651-2199

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 for international calls.

REGISTRATION

A registration form is provided in this brochure. Each 3-month course is limited to 12 residents. Upon receipt of the attached registration form, this office will forward information on completing the final requisites for PNF Program consideration. Residents 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 processing expenses.

All courses begin on or about the second week of January, April, July, or October. A waiting list of Program candidates usually fills a course 18-24 months in advance.

Please check box on the registration form to indicate if you would like to be placed on a cancellation list. We have frequent cancellations and applicants on the cancellation list move up quickly to earlier course dates.



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MAIL REGISTRATION FORM TO:

PNF Program Coordinator
PNF Program – 3rd floor
Kaiser Foundation Rehabilitation Center
975 Sereno Drive
Vallejo, CA 94589
USA

For more information, please contact the PNF Program Coordinator at (707) 651-2204, or
E-mail address: Debbi.C.Bowen@kp.org

REGISTRATION FORM

I wish to apply for the following course in the Physical Therapy Proprioceptive
Neuromuscular Facilitation Program at Kaiser Foundation Rehabilitation Center.

Check one: 3-month course 6-month course 9-month course
Check: Male Female

Please type or print:

Name: _____ Birth date (mo/day/yr): _____
Address: _____ Birthplace: _____
Country (if foreign applicant): _____
Telephone number: Home: _____ Work: _____
FAX: _____ E-mail address: _____

Present position: _____
Previous training (degrees, certificates): _____

- Please check here if you wish to be added to a waiting list. You will be notified
should a cancellation occur.