



PFE: Optimizing Health Care and Recovery – What happens after the treatment?

This course will be taught in-person by Andrzej Puchta and Angela Blumberg

To register visit: <https://www.classicalosteopathy.org/courses>

This 3-day course addresses the principles of effective assessment, treatment and integration through the perspective of **SIMA: Somatic Integration through Manual Application** and **PFE: Puchta Foundational Exercises**. The course examines the underlying somatic dysfunctions that can prevent injuries from improving, homeostasis from being attained, and functionality from being restored. By offering a methodical approach to assessing and treating osteopathic lesions, **SIMA** equips the practitioner with a sound understanding of somatic dysfunctions, the interrelationships of structure and function, and the importance of integration. **SIMA** follows the principles of classical osteopathy. The program is based on the philosophy that the living human organism is a unit, where anatomy and physiology continuously interplay to establish and maintain homeostasis. The goal of any treatment is to support the body's autoregulation, self-correction, and self-healing capacities.

PFE: Puchta Foundational Exercises provides the practitioner with a therapeutic exercise program that supports the manual treatment, and makes the patient an active participant in their recovery. The program is designed to improve awareness, proprioceptive abilities and psycho-physical habits as expressed in posture. It is based on five principles:

- the pelvis is the main building block,
- alignment of the lower and upper end of the spine,
- the integral relationship among body parts,
- oppositional forces, and
- the relationship between breath and movement.

Summary: This course proposes that the successful treatment of somatic dysfunctions combines manual therapy through the perspective of **SIMA**, and remedial exercises through **PFE**. The goal of these two approaches is to optimize health care by providing relevant treatment modalities and by inviting the patient to play an active role in their health journey.

Course Participants:

Licensed or certified healthcare professionals or students, including Physical Therapists, Massage Therapists, Occupational Therapists, Naturopaths, Chiropractors, Osteopaths and other allied healthcare professionals.

Learning Objectives

- Gain an understanding of the history and principles of SIMA
- Understand the difference between primary and compensatory somatic dysfunctions
- Treat somatic dysfunctions from a focal, local and global point of view
- Develop a treatment plan that includes manual therapy provided by the practitioner, and home care consisting in Puchta Foundational Exercises



About Andrzej Puchta: Dip. O.M.P.T., M.Phys.Ed.

Andrzej obtained his Masters in Physical Education from the Academy of Physical Education in Warsaw, Poland, in 1987. He received his Certificate of Training in Massage Therapy from the Institute of Massage Therapy in Warsaw, in 1985. He subsequently received his Diploma in Massage Therapy from Kikkawa College in Toronto, Canada, in 1994. He is registered with the College of Massage Therapists of Ontario. In 2004, Andrzej graduated from the Canadian Academy of Osteopathy & Holistic Sciences in Hamilton, Canada in 2004 with a Graduate Diploma of Osteopathic Manipulative Theory and Practice and became a Member of the Ontario Association of Osteopathic Manual Practitioners. Andrzej then completed the 3-year Teacher Training Program under Dr. Todd Bezilla. In 2006, he completed extensive training in the Art, Science and Practice of Classical Osteopathy in Maidstone, England, under the tutelage of John Wernham, who himself was trained by the founder of Classical Osteopathy, J.M. Littlejohn, and became a member of the Institute of Classical Osteopathy, England. In 2020, Andrzej developed Puchta Foundational Exercises (PFE), to help patients accelerate their recovery.

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About Angela Blumberg

Angela is a professional dancer, choreographer and the artistic director of Angela Blumberg Dance (ABD). After completing her MFA in choreography and dramaturgy at York University (2009-2011), Angela founded her own dance company and has since choreographed and produced over 20 works. In addition to her artistic work, Angela is passionate about education and teaches contemporary dance and improvisation at Canada's National Ballet School. Angela has worked as a personal trainer teaching GYROTONIC® for fifteen years and studied the Alexander Technique from 2012-2015. In 2020, Angela started working with classical osteopath Andrzej Puchta, and assisted him in developing Puchta Foundational Exercises (PFE). She became a PFE instructor in 2022 has since taught PFE in Canada, Germany and the UK. www.angelablumbergdance.com