



Syllabus

Provider: REFLEX RELEASE LLC

Format: Live, hands-on labs

Quick Facts

Daily Schedule	9:00 am – 6:00 pm (1-hr lunch; 10-min breaks)
Contact Hours	Up to 24 (attendance + lab participation required)
Audience	PT, DC, LMT, ATC, OT, DO, performance professionals

Course Description

Intensive, live, hands-on training in *reflexive neuromodulation™* that equips clinicians to perform rapid nociceptive exams, apply high-yield PRRT™ techniques, and design simple home strategies that reinforce clinic results. Instruction prioritizes coached labs and measurable on-table change.

Level 1 — Learning Objectives

- List core components of the neuromuscular basis underlying PRRT™.
- Explain the role of nociceptive startle reflexes in musculoskeletal dysfunction.
- Describe how PRRT™ targets neuromuscular reflexes.
- Conduct a full-body scan to identify nociceptive startle reflexes (1MNE™).
- Administer appropriate PRRT™ techniques in response to exam findings.
- Accurately document findings using the PRRT™ assessment form.
- Identify patterns indicating dysfunctional neuromuscular pathways.



PRRT™ Level 1 & 2 Combined Seminar

Level 2 — Learning Objectives

- List muscles that directly or indirectly influence the dura mater.
- Recall nutritional substances that may enhance treatment effects.
- Explain primal/protective/withdrawal/startle reflex concepts and relevance to PRRT™.
- Describe the involvement of the dura mater in the PRRT™ model.
- Summarize how stress up-regulates startle and nociceptive reflexes.
- Perform the One-Minute Nociceptive Exam™ proficiently; expand to a Two-Minute flow.
- Demonstrate 24+ intermediate PRRT™ techniques with correct form and intent.
- Implement reciprocal inhibiting reflex techniques for major muscle groups.
- Administer Grade V fascial release techniques safely and effectively.
- Distinguish between direct and indirect muscle influences on the dura mater.
- Analyze the clinical relevance of primal reflexes in persistent pain cases.
- Assess when and how to use PRRT™ within a broader pain management plan.
- Justify integration of PRRT™ with other therapy models.
- Synthesize findings to customize a PRRT™ treatment strategy and home program.

Detailed Agenda — Time Blocks

Friday

- 8:45–9:00 Registration and check-in
- 9:00–9:30 Introductions and PRRT™ background & foundations
- 9:30–10:30 The science behind PRRT™
- 10:30–11:00 One-Minute Nociceptive Exam™ (1MNE™) overview and setup
- 11:00–11:10 Break
- 11:10–1:00 1MNE™ demo and partner labs
- 1:00–2:00 Lunch
- 2:00–4:00 PRRT™ techniques: foundations and sequencing from the exam
- 4:00–4:10 Break
- 4:10–5:00 Techniques continued and hands-on circuits
- 5:00–6:00 Day one review, case Q&A, quick wins recap

Saturday

- 9:00–10:00 Seven Second Scan™ and Reflex Hammer Lab
- 10:00–10:30 Two-Minute Nociceptive Exam™ overview and flow
- 10:30–11:00 Begin Intermediate PRRT™ techniques
- 11:00–11:10 Mid-morning break
- 11:10–1:00 Intermediate PRRT™ techniques lab blocks
- 1:00–2:00 Lunch
- 2:00–4:00 Assisted practice: Intermediate PRRT™ techniques
- 4:00–4:10 Mid-afternoon break
- 4:10–6:00 Intermediate techniques continued, case mapping, competency stations

Sunday

- 9:00–11:00 Finish Intermediate PRRT™ techniques and integration
- 11:00–11:10 Morning break
- 11:10–1:00 Review, expansion, and refinement labs
- 1:00–2:00 Lunch
- 2:00–3:00 PRRT™ home exercises
- 3:00–4:00 Practitioner prescriptions and demonstrations
- 4:00–4:10 Afternoon break
- 4:10–6:00 Final Q&A, full-flow run, practical takeaways, evaluations, certificates



PRRT™ Level 1 & 2 Combined Seminar

Instruction, Assessment & CE Credit

- Methods: live demonstration, guided labs, and small-group coaching.
- Assessment: instructor observation and brief skills checks confirm competency.
- Completion: full attendance and lab participation are required for CE credit.
- Certificate: issued upon completion of live course.
- Support: syllabus, instructor CVs, and documentation for boards on request.

Safety, Contraindications & Scope

- Contraindications reviewed in class (e.g., pain worse at night and unchanged by activity, history of grand mal seizures, severe depression).
- Obtain informed consent; explain exam and treatment steps; follow appropriate chaperone/draping practices.
- Practice and apply techniques within the scope of your license.

Note: Schedule and hours subject to change. Lunch does not count toward contact hours. Ten-minute breaks are within board guidance.