

Main topics of the training

Deepening of the biomechanical and muscular knowledge, target-oriented application of the positions as well as safe execution of the prone position, the 135° lateral position and of positions for the treatment of contractures.

Requirements

- Physiotherapist, occupational therapist, registered nurse or registered geriatric nurse.
- Basic course trainer with a lot of teaching experience
- Recommendation by an advanced course trainer
- Informal application to the advanced course trainers of LiN-Arge e. V.

Supervision during the training

During the training, the assistant will be supervised by the other advanced course trainers. They evaluate the project work and send it to H. Pickenbrock for final feedback.

Condition for the qualification as LiN trainer for advanced courses

The guidelines for this training are determined individually by the executive committee of the LiN-Arge and the advanced course trainers together with the applicant.

Example:

1. Evaluated and passed assistantships in LiN advanced courses

Learning objective:

To be able to independently organise, lead, and teach a two-day LiN advanced course.

Among other things, this requires the following:

- Timely arrangements with the trainer regarding the upcoming assistance.
- Each assistant must have successfully taught the entire content of a course at least once during his or her training.
- During the last assistance, the assistant conducts the course independently, under supervision by a LiN advanced course instructor.

2. Five successfully passed project works

One prone position and one 135° - lateral position each in LiN with reanalysis

Learning objective:

- Be able to correctly perform and adapt these positions individually to a patient, discuss deviations from neutral, and recognise effects of LiN on the patient.

3 Analyses of positions from everyday life in patients with contractures

Learning objective:

- Refresh the ability to analyse and label joint positions, tone, and deviations from „neutral“ in patients with more biomechanically complicated problems.
- Be able to select and perform a position appropriate to the functional goal, including aspects of stretching.
- Be able to discuss the effect of the position on the patient.

Qualification:

After fulfilling the requirements, Dr. Heidrun Pickenbrock certifies the assistant as an advanced course trainer for LiN. This authorises the trainer to conduct advanced courses according to the guidelines of the LiN- Arge e.V. and to use the title „Advanced Course Trainer for LiN - Positioning in Neutral“.

To maintain instructor status, attendance at least every 4th modul is required even after training.

Costs (preliminary)

Evaluation of at least 5 project works à 2x € 15,- (AC-trainer, H. Pickenbrock)

(3-5) 3 assistantships à € 200,-.

Expenses and travel costs will be covered by the assistant.

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