

# Shin, Seung Sub

Owner of Dr. Fizio® (Private Practice)  
Physiotherapist, PhD in Physical therapy  
IPNFA® Advanced Instructor  
IPNFA® Vice-president



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## EDUCATION

Doctor of Science in Physical therapy	02.2012
-Sam Yook University in Seoul	
Master of Science in Physical therapy	02.2007
-Sam Yook University in Seoul	
Bachelor of Arts in Physical Education	02.2005
-Eulji Health University	
College graduate in Physical Therapy	02.1998
-Shingu college	

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## CLINICAL EXPERIENCES

Dr.Fizio private practice Hanam city	07.2021~ Current
Freelance (Home treatment)	11.2017~ 05.2021
Drem Rehab. Hospital in Seoul	01.2014~ 10.2017
Philp Rehab. Hospital in Seoul	03.2005~ 10.2013
Kang-Nam Rehab. Center in Seoul	10.1999~ 02.2005
Han-Na-Dul Orthopedic Clinic Seoul	02.1998 ~07.1999
Physical therapist	01.1998

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## IPNFA

IPNFA® Advanced instructor	12.2022~Current
IPNFA® Vice-president	10.2022~Current
IPNFA® Research Committee Member	10.2021~ 2022
IPNFA® Education Committee Member	10.2015~ 2021
IPNFA® Basic instructor	10.2013~ 2022

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## Clinical Course

Functional Kinetics (Gait course: 1b)	09.2024
Functional Kinetics (Basic course: 1a)	09.2024
Vojat A course	05.2018
The Mulligan Lower Quarter	03.2013
The Mulligan Upper Quarter	10.2010
Bobath Advanced course (Adult Hemiplegia)	08.2010
Bobath Basic course (Adult Hemiplegia)	07.2003
Bobath Introductory course (Cerebral palsy)	08.2000
Bobath Normal movement course (Adult Hemiplegia)	05.2000
Vladimir Janda's approach (About muscles)	11.2006
Carr & Shepherd's Task-Oriented Motor Training	08.2005
Sling Exercise Therapy Basic course	03.2002
Sling Exercise Therapy Hemiplegia course	07.2002
Medical Training Therapy Information course	03.2004
Introductory course for Aquatic physical therapy	03.2006
Myofascial Release (John Barner)	07.2005
Acupuncture	02.1997

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## Time Schedule of PNF 3a/b Course

Shin, Seung Sub (IPNFA® Adv. Instructor, PT, PhD)

### Day 1st

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09:00-09:20	Greeting, Introduction, Goal of 3a/b course
09:20-10:45	Review of ICF & Assessment and Treatment planning
10:45-11:00	Coffee break
11:00-12:00	Patients' treatment by participants
12:00-12:30	Patients' Demo by instructor
12:30-13:30	Lunch time
13:30-14:30	Patient's Demo by Instructor
14:30-15:00	Questions and Answers about Patient's Demo
15:00-15:15	Coffee break
15:15-16:00	Clinical reasoning
16:00-17:00	Problem solving in Trunk: Orthopedic case
17:00-18:00	Problem solving in Trunk: Neurologic case
18:00-18:30	Questions and Discussion

### Day 2nd

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09:00-09:40	<b>Muscle imbalance and PNF</b>
09:40-10:45	New techniques: Indirect Contract- relax / Hold-relax
10:45-11:00	Coffee break
11:00-12:00	Patients' treatment by participants
12:00-12:30	Patients' Demo by instructor
12:30-13:30	Lunch time
13:30-15:30	New arm patterns: Ulnar Thrust / Withdrawal & Radial Thrust / Withdrawal
15:30-15:45	Coffee break
15:45-16:15	Continuing New arm patterns: Ulnar Thrust / Withdrawal & Radial Thrust / Withdrawal
16:15-17:15	Problem solving in Upper extremity: Orthopedic case
17:15-18:15	Problem solving in Upper extremity: Neurologic case
18:15-18:30	Questions and Discussion

### Day 3rd

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09:00-09:30	Questions and Discussion
09:30-10:45	<b>Evidence based PNF practice: Spasticity</b>
10:45-11:00	Coffee break
11:00-12:00	Patients' treatment by participants

12:00-12:30	Patients' Demo by Instructor
12:30-13:30	Lunch time
13:30-14:45	<b>Pathologic gait and Treatment based on Muscle imbalance</b>
14:45-15:45	Problem solving in Lower extremity: Orthopedic case
15:45-16:00	Coffee break
16:00-17:00	Problem solving in Lower extremity: Neurologic case
17:00-18:15	New techniques: Repeated stretch Repeated stretch from beginning of range Repeated stretch through range
18:15-18:30	Questions and Discussion

#### **Day 4th**

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09:00-10:00	Questions and Reviews
10:00-10:45	Stairs up & down
10:45-11:00	Coffee break
11:00-12:00	Patients' treatment by participants
12:00-12:30	Patients' Demo by instructor
12:30-13:30	Lunch time
13:30-14:30	Continuing Stairs up & down, Turning in standing
14:30-15:30	Bilateral arm patterns and Clinical applications
15:30-15:45	Coffee break
15:45-16:45	Make-up time
16:45-18:15	Bilateral leg patterns and Clinical applications
18:15-18:30	Questions and Discussion

#### **Day 5th**

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09:00-09:30	Questions and Discussion
09:30-11:00	Vital function: Facial & Oral Treatment
11:00-11:15	Coffee break
11:15-12:30	Vital function: Facilitating Swallowing
12:30-13:30	Lunch time
13:30-14:30	<b>Evidence based PNF practice: Neck Pain</b>
14:30-15:00	Feedback from instructor, wishes from participants, IPNFA® News
15:00-15:30	Certificate Presentation

☺ The lecture schedule is subject to change depending on the situation.