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Workshop PIR (postisometric relaxation)

Host: Tonći Šitić, vft.

Due to the high interest the workshop was repeated and 10 higher physiotherapists were attending. It took place on 29. of March due to the adaptation of physical therapy on Sv. Duh) in the Center for vitalization and relaxation Iva Kolić, Crnatkova 14, Zagreb

(<http://www.vitalizacija-kolic.hr/>).

The organizers of this event were the Croatia's society for manual medicine and the **Croatian Society of Physiotherapists**, there were **13 higher physiotherapists present and the workshop started at 9am and finished at 3:30pm with a few short breaks. 26 muscles were covered. The last 45 minutes were spent on repetition, and to address any questions.**

Certificates for attending were handed out.

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