

PIR workshop 24. February 2008.

Written by

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Workshop PIR (postisometric relaxation)

Host: Tonći Šitić, vft.

The workshop for postisometric relaxation was held on 24. of February (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 brakes. 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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