

2020 Pre and Post-Rehabilitative Pilates

Teaching injured or de-conditioned clients requires a different approach to the session and a different mindset throughout the client's attendance. This course outlines the protocol for teaching post-rehabilitative clients, from the initial meeting and first session to ongoing sessions and a return to recreational activities.

Key concepts and definitions of injuries, post-rehabilitation and healing are covered. Students will be taught the benchmarks to hit before progressing a client to more challenging exercises and the importance of maintaining a dialogue with the client's treating physician(s). Anatomy is reviewed in terms of local stabilizers, global stabilizers and global mobilizers so that students both learn the terms used by physical therapists as well as understand how to safely progress these clients.

For more information, www.medicinalphysiotherapy.com





SACRUM & LUMBAR SPINE

Credit: XX
Prerequisite: ABM & Foundations of Post-Rehabilitative Pilates
Date: ??
Time: XX
Price:

Single: Fr XX
 Group: Fr XX
 Early Bird: XX

Description:

Subjected to forces from both the upper body, and lower body, the sacrum and lumbar spine are critical structures for maintaining healthy bio-mechanics of the entire body. This course first reviews the anatomy of the lumbo-pelvic region in terms of local stabilizers, global stabilizers and global mobilizers.

Then, common injuries to the area along with suggested protocol for teaching are discussed. Finally, exercises specific to post-rehabilitating the lumbo-pelvic region are reviewed or taught on all equipment.

CERVICAL SPINE & SHOULDER

Credit: XX
Prerequisite: ABM & Foundations of Post-Rehabilitative Pilates
Date: XX
Time: XX
Price: XX

Single: Fr XX
 Group: Fr XX
 Early Bird: Fr XX

Description:

Though separate structures, the neck and shoulder are closely linked bio-mechanically, and thus are considered together in this course. Anatomy of the head, neck and shoulder is reviewed with special attention not only to the local stabilizers, global stabilizers and global mobilizers, but also to the muscles that cross the cervical spine and scapula and those that stabilize the shoulder joint.

Common injuries to the neck and shoulder are covered along with suggested protocol for insuring a safe Pilates' experience. Exercises on all equipment specific to post-rehabilitating the cervical spine and shoulder girdle are taught.

HIP, KNEE, ANKLE & FOOT

Credit: XX
Prerequisite: ABM & Foundations of Post-Rehabilitative Pilates
Date: XX
Time: XX
Price:

Single: Fr XX
 Group: Fr XX
 Early Bird: Fr XX

Description:

Healthy bio-mechanics of the lower extremity are essential to everyone as bipedal human beings carrying on our daily activities! For instance, gait abnormalities (problems with walking) due to any pain or injury in the hip, knee, ankle or foot may lead to even greater problems in the lumbo-pelvic region and spine.

Anatomy of the lower extremity is reviewed with regards to local stabilizers, global stabilizers and global mobilizers and common injuries to the lower extremity are discussed.

Most importantly, exercises for the hip, knee, ankle and foot are taught on all equipment with close attention to modifications that may be necessary.



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TERMS & CONDITIONS

The student has one year from the last day of each course to take the certification exam. If the student takes longer than a year, a review hour must be scheduled with a certifying instructor at the rate of **Fr 85/hr**. This hour serves to ensure the student is on track with studying and the information hasn't been lost throughout the year.

Student Benefits

PAI students receive 10% off ALL group classes at Pilates on Fifth (terms & conditions)

PAYMENT DEADLINES

Early bird

price: **5% discount**

deadline: **One month** before the start of the course.

Full Payment: Paid in full two weeks before the start of the course.

Late sign up (within **2 weeks** of the start of the course): Fr 50

Payment Plans contact@ny-international-school.com

CERTIFICATION EXAM & FEES

Price: Fr225 (student must complete the certification exam within 12 months)

Makeup: Fr 85/hr applied after **3 hours** of missed class *price subject for review

Review: Fr 85/hr for review (subject after 12 months)

Retake: Fr 50/course

Min: Pass/Fail 80%

Make up Hours

It is required that students attend every day of training. If a student has a conflict that cannot be resolved and must miss training hours, the student must notify PAI prior to the course. Make up hours must be scheduled with a certifying instructor at **Fr 85/** hour. (Note that 3 hours of missed group training does not necessarily equal 3 make up hours as a student is often able to go through material faster in a one-on-one setting. The number of review hours will be decided upon by the certifying instructor and the PAI directors).

CANCELLATION & TRANSFER POLICY

Deposit Fr 200/non-refundable

If student chooses to withdraw from training outside of two weeks prior to the start date, the course cost will be returned to the student with the exception of the **Fr 200** non-refundable deposit. If the student chooses to withdraw from training within the two weeks prior to the start date or after the course begins, no refunds will be given but the payment is transferable.

