



Leaders in Physiotherapy and Pilates
treatment, education and products

Information Pack



The Australian Physiotherapy & Pilates Institute

Introduction

The Australian Physiotherapy & Pilates Institute© (APPI) is now firmly established as a world leader in Pilates training. Courses now run throughout the United Kingdom, Ireland, Turkey, Portugal, Malta, Germany, Brazil, Australia, New Zealand and the USA. Physiotherapists Elisa and Glenn Withers established the APPI in 1999 in response to the demand for rehabilitation based Pilates teacher training. Its international team of expert and experienced Physiotherapists and Rehabilitation Therapists oversee the development, quality and teaching of all APPI courses. This ensures that the latest research is consistently brought into all APPI courses. Continuing education opportunities within APPI are numerous and varied to provide ongoing exploration and knowledge about Modified Pilates and its application.

The APPI approach

The APPI curriculum is designed by Physiotherapists, specifically for those working in the field of rehabilitation. Therefore, pathology, normal movement patterns, neuro-muscular timing and neural pathomechanics are addressed in relation to each exercise. The traditional Pilates repertoire is broken down into clearly defined levels to ensure a standard, gradual progression towards normal functional movement. Scientific evidence from the University of Queensland on segmental spinal stabilisation and from Erasmus University on pelvic stability forms the theoretical foundation for the APPI curriculum.

Methods of learning

APPI courses are largely practical and interactive. APPI recognises that individuals learn differently; therefore, its courses include practical sessions (whereby participants are experiencing, observing and practice teaching), assessment workshops (of the deep muscular system), Pilates classes (enabling individuals to enjoy the Pilates experience), case study workshops (to establish clear clinical decision making), workshops on verbal, visual and auditory cueing as well as structured lectures.

Modular teaching process

APPI's curriculum is flexible. The matwork series consists of three weekend modules. Students can schedule the courses within their own timetable and at any location throughout the world.

APPI International

APPI currently has offices based in England, Australia & Germany. Our courses are also regularly on offer in Ireland, Turkey, Portugal, Malta, Germany, Brazil, Australia, New Zealand and the USA. The international scope of APPI provides students with the opportunity to continue their APPI Pilates teaching alongside colleagues around the world.

Continual Professional Development

APPI recognises the importance of continual professional development and offers a series of one-day courses. CPD courses ensure that APPI teachers can offer varied Pilates sessions for specific populations and by incorporating small Pilates equipment. APPI's CPD includes: Pilates & the Ball, Pilates & the Theraband, Small Equipment (foam roller and magic circle) and Ante & Post Natal.

APPI membership

APPI membership provides teachers with a forum for ongoing contact and news. APPI members receive a number of benefits including discounted rates on courses and products, members newsletters and access to the founders workshop. Optional placement of contact details on our international register of APPI teachers allows greater access to the community of Pilates.



Rehabilitation Pilates

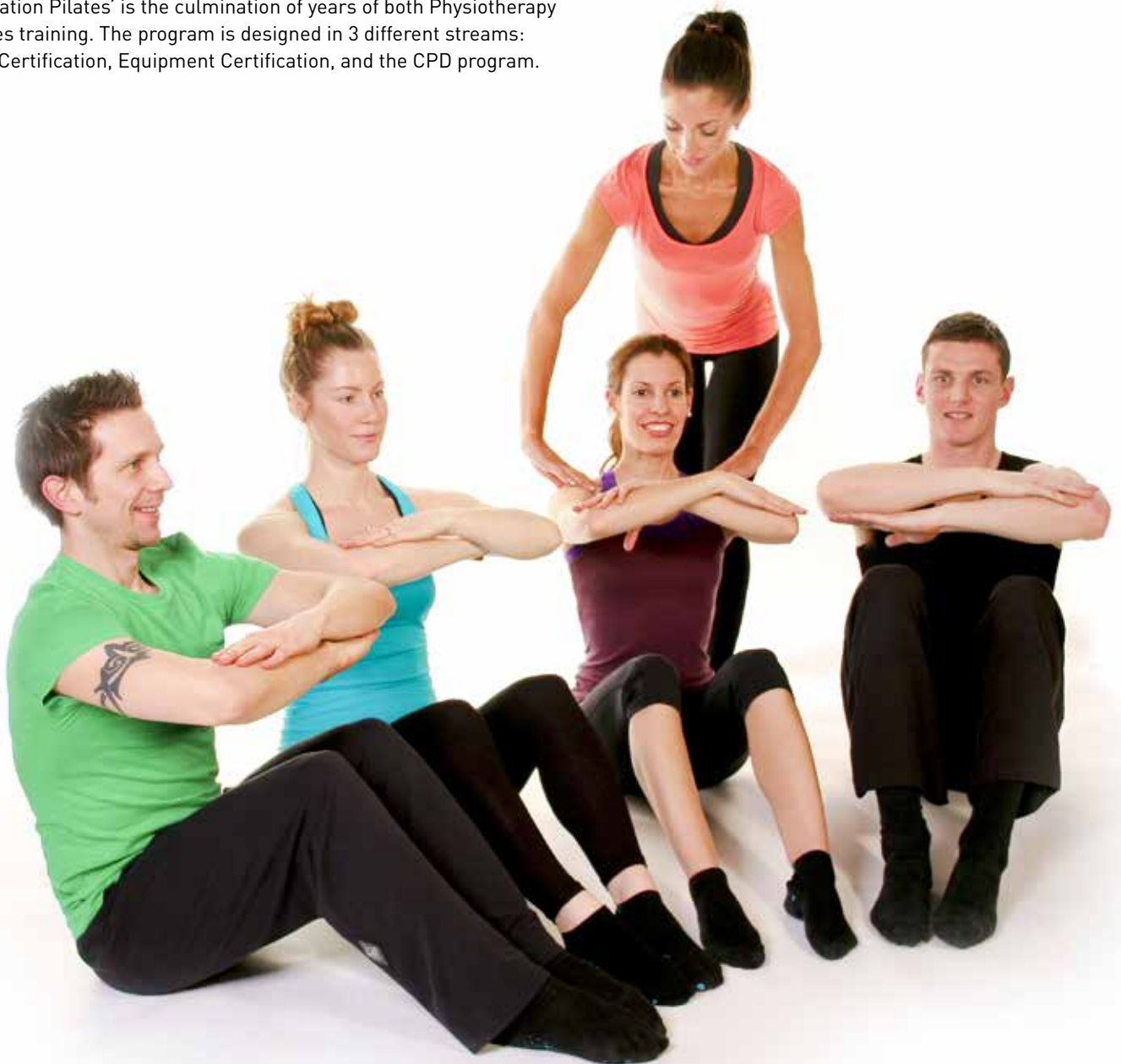
What is Rehabilitation Pilates?

APPI has enjoyed immense success with training Physiotherapists and equivalent degree therapists in the Rehabilitation Pilates technique. Our success relies on our research based approach to pilates training. As physiotherapists, we recognise the demand for more specific Pilates training which targets the higher theoretical and practical experience of higher degree therapists. The APPI method presents the most current research relevant to Pilates and teaches a realistic framework of exercises to apply in the clinical setting.

APPI has modified Traditional Pilates exercises into therapeutic exercises and renamed them Rehabilitation Pilates. Traditional Pilates, developed by Joseph Pilates in the 1920s, is a system of exercise which aims to increase strength of the core abdominal and back muscles. Originally designed for dancers, traditional Pilates exercises are very physically demanding and not suitable for those with low back pain (LBP), neck pain or peripheral joint injuries.

Therefore, Australian Physiotherapists Elisa and Glenn Withers analysed and modified the original repertoire into a system of exercises which aim to restore muscle balance and correct postural alignment. Rehabilitation Pilates is based on retraining correct activation of the core stabilising lumbo-pelvic muscles: Multifidus, Transversus Abdominis and the pelvic floor.

'Rehabilitation Pilates' is the culmination of years of both Physiotherapy and Pilates training. The program is designed in 3 different streams: Matwork Certification, Equipment Certification, and the CPD program.



Rehabilitation Pilates and its role in clinical setting

Research has shown that specific retraining of the Multifidus muscle reduces the recurrence rate of LBP. Hides et al (1994) reported evidence of lumbar Multifidus muscle wasting ipsilateral to symptoms in patients with acute/subacute LBP. Further studies found that Multifidus muscle recovery is not automatic after the resolution of acute, first-episode LBP (Hides et al., 1996). In their study with LBP patients, Hides et al (1996) demonstrated that this deficit in Multifidus can be reversed

with exercises that focus on activating the Multifidus muscle. Two to three year follow up studies found that the recurrence rate of LBP was reduced by 50% in patients who had performed specific exercises for activating Multifidus. An integral part of therapeutic rehabilitation following LBP is retraining correct activation of the Multifidus muscles which can be done using Modified Pilates.

The Transversus Abdominis (TrA) is the other principle muscle affected in LBP. Studies have found delayed onset of activation and poor activation of the TrA in LBP patients compared to healthy controls (Hodges et al, 2010, 2008, 1997). In healthy individuals the TrA activates prior to limb movements to provide postural support to the lumbar spine (Hodges & Richardson 1997). In LBP patients TrA activation occurs after the limb movement and therefore renders the lumbar spine unsupported during functional activities. A model for retraining motor control of the TrA is provided as a part of Rehabilitation Pilates.

The APPI Pilates Method provides Physiotherapists and equivalent degree therapists with a clinical and user friendly tool for retraining correct activation of the Multifidus, TrA muscles and pelvic floor muscles. It consists of a progressive repertoire of mat based exercises designed specifically for Physiotherapists and equivalent degree therapists to teach to the clinical population. The key elements of APPI Pilates method include retraining:

- **Neutral lumbo-pelvic alignment and activation of the key lumbo-pelvic stabilising muscles**
- **Correct ribcage/thoracic alignment**
- **Scapulo-thoracic stabilisation**
- **Deep neck flexor retraining to stabilise the cervical spine**

The repertoire of APPI Pilates exercises also include exercises to improve spinal mobility, flexibility of the key trunk and lower limb muscles groups, body awareness and postural awareness.



Rehabilitation Pilates Training

APPI Certification

APPI has spent years developing what is now recognised as the premier Pilates Rehabilitation program. The matwork and equipment certification processes are outlined below. As well as completing all modules instructors are required to complete a log book. This involves practice hours, observation and reading.

Matwork certification

Matwork level 1 – Foundation

Matwork level 2 – Class Instructor

Matwork level 3 – Intermediate/Advanced

Matwork Certification Exam

Equipment

Level 1 – Lumbo-pelvic stabilisation

Level 2 – Scapulo-thoracic Stabilisation

Level 3 – Spinal Articulation and Stretching

Level 4 – Progressions and Planning

Equipment Certification Exam

APPI Continuing Professional Development (CPD)

APPI offers a wide range of continuing professional development (CPD) courses open to teachers who have successfully completed APPI Matwork Level 1 or a 2 day Matwork Pilates course with a recognised provider.

CPD courses

Ante & Post Natal Pilates	Pilates & the Ball
3D Standing Pilates Level 1	Pilates & Small Equipment
Taping for Pilates	Pilates for Dancers Level 1
Pilates and the Shoulder	Pilates for Skiers
Knee Rehabilitation with Pilates	Pilates & Horse Riders
Pilates and Osteoporosis	Reformer on the Mat
Neuro Pilates	Cardio Pilates on the Reformer
Pilates & the Arc Barrel	Advanced Matwork
Pilates & the Theraband	Performance Pilates for Cyclists
Performance Pilates for Runners	Performance Pilates for Pregnancy

The Matwork Certification Series

APPI has enjoyed immense success with training Physiotherapists and equivalent degree therapists in the Modified Pilates technique. Our Matwork series has been developed specifically for a rehabilitation setting. APPI Matwork courses are currently being run in the UK, Australia, New

Zealand, Brazil, USA, Portugal, Germany, Spain, Malta, Ireland and Turkey and the Institute trains over 3000 therapists a year. Matwork Level One is the foundation course and must be completed before any other matwork levels.

Matwork Level 1 The Foundation (2 days)

This is the first course in your Rehabilitation Pilates training. Theory and research on lumbar and pelvic stabilisation is presented. Clinical assessment of the TrA and multifidus muscles is taught. The beginner repertoire of Rehabilitation Pilates movements is presented.



Matwork Level 2 Class Instructor (2 days)

The class instructor course aims to discuss all issues involved in establishing your Pilates programme within your work setting. Assessment, inclusion criteria, outcome measures, advertising and insurance are all important areas which are covered. A new repertoire of warm up and cool down exercises is taught.



Matwork Level 3 Intermediate/Advanced (2 days)

Matwork Level 3 is the final course in the certification series where intermediate and advanced Rehabilitation Pilates exercises are taught. Higher level scapulo-thoracic and pelvic stabilisation exercises form the core of this course.



Matwork Certification Exam

Upon completion of Matwork Level 3 you are eligible to sit your certification exam. The final Matwork exam consists of 2 components: a practical exam and a theory exam. The practical exam is 30 mins in duration. However, you will be assigned a partner who will act as your client. You will then act as their client. Therefore the entire practical component will take 1 hour. The theory exam is a 60 minute multiple choice paper.



The Equipment Certification Series

With the proven success of Pilates equipment in the rehabilitation of patients APPI equipment courses are now more popular than ever. As with our Matwork series the APPI Equipment series comes from the unique standpoint of being

Equipment Level 1 Lumbo-pelvic Stabilisation (2 days)

This is the first in this series of four Rehabilitation Pilates equipment training courses. 32 movements for training lumbo-pelvic stabilisation on Pilates based equipment will be learnt through self-participation, practice teaching and observation.

Equipment Level 2 Scapulo-thoracic stabilisation (2 days)

This course builds upon the movements, understanding, cueing skills and exercise selection framework of equipment level 1. Theory and practical workshops review functional and surface anatomy of the scapulo-thoracic region.

Equipment Level 3 Spinal Articulation and Stretching (2 days)

Equipment Level 3 focuses on flexion, extension, rotation and lateral flexion based movements as well as combined movements and stretches for the reformer, cadillac, split pedal chair and barrels. Participants will learn a further 24 movements through observation, self-practice and practice teaching.

developed specifically for a rehabilitation setting. The majority of hospitals and clinics now incorporate equipment into their treatment of patients and so it is essential for rehabilitation therapists to be trained in equipment.

Equipment Level 4 Progressions and Planning (2 days)

The final stage of the Rehabilitation Pilates equipment series provides therapists with 30 movements to enable patients and clients to progress to functional and high level rehabilitation using the Pilates equipment. These progressively more challenging exercises complete the rehabilitation program. Workshops on posture, posture assessment, Pilates assessment and programme planning are designed to provide participants with skills in all aspects of teaching Pilates.

APPI Equipment Certification Exam

Upon completions of Equipment Levels 1-4 students are eligible to sit the APPI Equipment certification exam. The exam consists of two parts: A 60 minute written exam consisting of multiple choice and short answer questions on movement application, modification and contraindication and a 60-minute practical exam on the design, application and teaching of a Pilates programme.



CPD Courses

After commencing Matwork or Equipment Pilates training, it is our firm belief that all APPI teachers should continue the Pilates learning process throughout their career. APPI teaching and courses are continually reviewed and updated by our team of experts. It is important that instructors receive this up to date knowledge through on-going training. Similarly, APPI strives to develop new CPD courses to continually expand the range available. In this respect, our international team of Presenters frequently conduct CPD courses for APPI.



Rehab Series

Ante & Post Natal Pilates (2 days)

This course is designed specifically for those who wish to learn more about the application of Pilates in Pregnancy and the post natal setting. Lectures on the physiological and biomechanical changes that occur during pregnancy, the postural changes and considerations, SPD, labour, post natal recovery and precautions and contra-indications to exercise in pregnancy are presented.

3D Standing Pilates Level 1 (2 days)

3D Standing Pilates is an evolutionary method which advances the essential Pilates principles into more functional upright positions. This two day foundation course introduces a theoretical 3D Standing Pilates model and teaches a series of 3D Standing Pilates movements to address balance, ROM, myofascial control and neural dynamics in standing.

Taping for Pilates (2 days)

During this two day course you will learn the basics of tape application and how it can optimise your Pilates approach by offloading injury and improving sling activation. This course includes techniques that will assist you in treating all levels of client including: ante natal, lumbo pelvic instability, common injuries and high level performance athletes.

Pilates and the Shoulder (1 day)

This one-day course is designed to help you apply the principles of the APPI method to shoulder rehabilitation. The course will include a review of current theories of shoulder stability and consider how Pilates exercises may be used to enhance this specific area of shoulder retraining. The practical element will introduce some new exercises and modifications from your existing repertoire incorporating principles of kinetic chain, upper quadrant and scapular stability as well as functional re-training.

Knee Rehabilitation with Pilates (1 Day)

This one day workshop will give you a greater insight into the application of Pilates exercises for the specific rehabilitation of common knee and lower limb injuries. Using a combination of matwork and small equipment, the course examines current clinical guidelines into the management of knee injuries with exercise. Reviewing lower limb anatomy and biomechanics, muscle activity in pain and typical knee injury presentations, you will cover common Pilates exercises, how they can aggravate knee injuries and how they can be suitably modified.

Pilates and Osteoporosis (1 Day)

This exciting and innovative 1 day course investigates the concept that osteoporosis is the next epidemic to hit the healthcare industry. The course will cover the epidemiology, prevalence and incidence of osteoporosis both worldwide and specifically in the UK. Reviewing the bone building matrix that occurs from childhood through to adulthood, the theory component will ensure you have a thorough understanding of the development of osteoporosis, and the latest research available. The practical component looks at APPI's 12-step bone building program that has been designed to address the main areas that osteoporotic fractures occur.

CPD Courses

Neuro Pilates (1 day)

This course applies the Pilates principles covered in Matwork Level 1 to the neurological client. Lectures review principles of neuroplasticity, motor learning and postural control to develop clinical reasoning in a theoretical and physiological context.

Pilates & the Arc Barrel (1 day)

Discover how the arc barrel is a great rehabilitative tool for those recovering from stress, tension or injury and how they make a safe, supportive surface for deep muscle stretching. These lightweight and easily portable barrels can be used to increase or decrease the challenge to the body and are ideally used for rehab to assist matwork exercises.

Pilates & the Theraband (1 day)

Pilates & the Theraband is a one day course utilising the theraband to progress your Rehabilitation Pilates Matwork repertoire. During this course you will learn how to use therabands to support limbs, to reduce load on the spine and retrain correct muscle balance between the abdominal muscles.

Pilates & the Ball (1 day)

Pilates & the Ball has been designed to apply the Rehabilitation Pilates Matwork exercises to the exercise ball. Swiss balls provide sensory motor challenges in multidirectional planes of movement and enhance balance reactions, proprioception, muscle re-education and muscular flexibility.

Pilates & Small Equipment (1 day)

This one day course adds variety and challenge to your Pilates programmes by incorporating the Magic Circle and the Foam Roller. The Magic Circle adds a strength and endurance component to your Pilates repertoire whilst the Foam Roller enables you to incorporate balance, co-ordination and sequenced movement patterns into your rehabilitation programmes.

Reformer on the Mat (2 days)

The Reformer on the Mat programme takes Pilates out of the rehabilitation setting and into the high-level conditioning arena. This course takes 32 exercises from the traditional reformer series and brings them on to the mat. Learn an entire new repertoire of advanced exercises that will add to your existing mat classes.

Cardio Pilates on the Reformer (1 day)

Cardiovascular fitness is proven to increase endurance, aid in bone development, burn calories and ultimately improve fitness. During this one day course you will learn how the reformer and jump board can be utilised in a cardiovascular training regime. As well as learning a wide range of movements this course includes a cardio Pilates programming forum and class teaching workshops.

Advanced Matwork (2 days)

This two day course progresses to more advanced and functional movements. A wide range of 30 movements, originating from Joseph's advanced series as well as movements which have evolved from the machines and functional stability training are taught. These advanced movements require a high degree of strength, balance and coordination and are ideal for progressing from the intermediate level and highly conditioned clients. Further progression using the balance cushion is taught to introduce an even greater variety of movements.



Performance Series

Pilates & Horse Riders (1 day)

The Pilates method is well-suited to develop and improve rider fitness and function. Strength, balance and flexibility form the foundation of Pilates for Riders and improvements in these areas allow for a fluid body motion with the horse – ultimately leading to a better rider and horse partnership. Recreational or competitive level, Pilates can help to improve riding skills and the communication between horse and rider.



Pilates for Dancers Level 1 (1 day)

This one day introductory course presents the essential elements of dance, requirements of the dancer and the demands of regime to provide a broad understanding of Pilates based dance rehabilitation. A series of essential movements on the mat and Pilates machines are taught to provide the basis for prevention and rehabilitation programmes for healthier dancers.



Pilates for Skiers (1 day)

This one day course will provide you with a functional problem solving approach and ski specific Pilates exercises to address your clients needs. In addition to reviewing classic skiing posture, you will consider skiing demands and identify common postural & movement imbalances that may contribute to poor ski technique and injury risk.



Performance Pilates for Cyclists (1 Day)

This one day workshop explores the use of Matwork and small equipment Pilates exercises to improve the skill, strength and performance of cyclists. On the course you will review the biomechanics and key physical attributes of cyclists, as well as the typical injuries seen and their contributing factors. Applying sound training principles, explore the development of a high level, cyclists specific Pilates programme.



Performance Pilates for Runners (1 Day)

This one day workshop explores the use of Matwork and small equipment Pilates exercises to improve the skill, strength and performance of the running client. This course explores the biomechanical and physiological requirements for successful running and suitable Pilates exercises aimed at improving running performance. Aimed at the healthy and fit client, the exercises covered will enable you to develop an effective, high level Pilates running program.



Performance Pilates for Pregnancy (1 Day)

This one day workshop explores the use of Matwork and small equipment Pilates exercises to improve the skill, strength and performance of the pregnant client. Aimed at the healthy and fit client, this workshop covers suitable and effective exercises to develop strength and fitness. Covering the physiological adaptations to exercise during pregnancy and the current guidelines to exercise during pregnancy, this course will enable you to increase the performance of your pregnant clients. Following this course you will have the confidence and knowledge to train healthy clients during pregnancy.



Testimonials



"I would like take this opportunity to say that I have found all the material I learnt in your courses really useful and I use it every day in clinical practice"

Ailish Cleary - APPI Fully Certified Matwork Instructor & MAPPI

"Very enjoyable, looking forward to utilising in clinical practice and returning for instructor course"

Tanya Booth - Matwork Level One

"It was very inspirational and very helpful - lots of great ideas"

Zarina Dean - Matwork Level Two

"One of the best courses I've been on. Both tutors were excellent. Thank you!"

Kate Peckham - Matwork Level Three

"I work with acute neurological patients, this is very thought provoking, I will apply this in my clinical setting. Thank you!"

Pilates & Neurology participant - Pilates & Neurology

"I recently attended the APPI Pilates and the Gym Ball and Theraband Courses. I have never been on a course where I have been able to apply so much of what I had learnt to my clinical practice. I thought the course instructor Sarah was brilliant. Her use of visual imagery has really benefited how I teach the exercises. Her method of explanation was so clear and she drew her examples from her own patient experience. I thought the Theraband course would be at too higher level for the majority of my patients, but found some of the principals aid facilitation which I have found really useful. Thank you so much! I will have to book the small equipment course now!"

Emily Harvey - Pilates & the Ball and Pilates & the Theraband

"This course has given me the confidence to apply my Pilates knowledge to this special population. I feel really prepared to start taking classes now - Thank you for a great course!"

Molly Samson - Ante/Post Natal

"Excellent - best APPI course I've been on - lots really clicked into place due to the excellent teaching - thank you"

Caroline Bond - Equipment Level One

"I completed the equipment training with APPI in 2006 and became a certified equipment instructor in March 2007 having taken the exam in February. The training has completely changed the way I work and is, for me, the missing part of the jigsaw. As time has gone on, I have learnt more and more as I use the equipment. I now have a trapeze table and split pedal chair in my clinic room and use it as a routine part of assessment. By getting a patient on the reformer it gives myself and the patient a clear picture of any faulty movement patterns and therefore why they are getting pain. From there I use the equipment to correct the faulty movement pattern and progress on to daily functional activities to whatever levels they aspire to, be it walking the dog or competitive golf. I feel the most valuable way I can use the equipment is in the treatment of patients with persistent pain. These patients often feel they are at the end of the line. By using the equipment and getting them stabilising in a safe and supervised environment it gives them back the confidence to move normally and so reduce their pain by inhibiting tight and over-firing muscles. This, they find incredibly empowering and means that they can influence their own pain. How amazing is that!"

Claire Sanderson - Fully Qualified APPI Equipment Instructor

"We had a very positive experience hosting the Matwork Level 1 course at our local hospital. The APPI provide an excellent service - response to email and phone queries was always very prompt and informative and the staff were extremely pleasant to deal with.

All in all, I would have no hesitation in hosting another APPI course at our venue - a sentiment echoed by the course participants, most of whom are very keen to partake in the Matwork Level 2 course in the near future!"

Colette Smee - South Tipperary General Hospital - Host - MW1





*One goal.
Feel Better*

For further information on APPI courses
please contact the institute directly.



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