



APPI Pilates for Rehabilitation

Matwork Level 3

APPI Health Group

The Chapel, Wellington Road
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www.appihealthgroup.com

The APPI matwork training series consists of three 2-day courses—MW1: The Foundation, MW2: Class Instruction, MW3: Intermediate and Advanced. Attend this 2-day course to get the foundation necessary to incorporate Pilates into your therapeutic practice.

- **Experience the advanced repertoire of this worldwide exercise program**
- **Learn the unique approach to teaching Advanced Pilates exercises safely**
- **Learn the unique APPI Pilates teaching script for ensuring quality and compliance in your clients exercise programs**
- **Learn to move from rehabilitation to fitness in a unique intertwined approach to Pilates.**

The Australian Physiotherapy and Pilates Institute (APPI) is firmly established as the leading force in the delivery of safe and effective Pilates teacher training for the allied health industry. The next level in your training program is now here in the United States. This course will focus solely on group teaching, and empower you to begin the journey from clinician to your own group Pilates Instruction. In this course you will learn the vital aspects of class planning, warm-ups, cool downs, standing exercises, and how to design population-specific classes.

Course location & Dates

Dates: 4th & 5th May 2015

Location: The Community Room,
The Shops at West End,
1621 West End Blvd,
St. Louis Park,
MN 55416.

Contact: 612-396-9780

What you should bring

- **An exercise mat**
- **A towel**
- **Loose, comfortable clothing as there is a large practical component**
- **Water**
- **Your MW1 manual**

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Athletic Trainers
- Exercise Physiologists
- Certified Strength and Conditioning Specialists
- Personal Trainers
- Certified Pilates Instructors
- Occupational Therapists
- Occupational Therapy Assistants

APPI Pilates Method in Rehabilitation

One of the world's most popular Pilates training programs is now here in the USA. APPI Pilates teaches you a fully integrated Pilates program that can be used in any clinical setting, this highly popular Pilates equipment training series is also currently run throughout the UK & Europe, Australia, New Zealand, Brazil and South Africa. The program is dedicated to detailed and accurate Pilates teaching. Based on the most up to date evidence of spinal stability, pelvic stability, strength and conditioning and pain — this is the essential Pilates training tool for all health professionals. The traditional repertoire has been adapted and modified to be suitable for all levels, most importantly, every exercise has a clinical reason as to why you would choose that exercise for your client.

Research has shown that specific retraining of the deep abdominal muscles reduces the recurrence rate of low back pain. Evidence from Hides (2003), Hodges (2006, 2008, 2009), Mosely (2006), Jull (2004), and many more have shown us the relevance of motor control theories and their clinical use. Combining this knowledge with that of the Global Sling theories, Andry Vleeming, Dianne Lee and others have led to the APPI Pilates Method being the most scientifically sound of all the Pilates training in the world today.

About the Course Presenter

MELANIE BRYANT, BPhysio, Cert. APPI Pilates Instructor: graduated in



Johannesburg, South Africa in 2000 and moved to the UK the following year. She has worked in the private sector ever since in both the hospital setting and private practice. Her main areas of interest lie in Sports Physiotherapy and Spinal rehabilitation, and she enjoys treating the ante- and postnatal population. She worked at Esher Rugby club for four years and is the head Physiotherapist for the England Touch Rugby squad. She has been using the

APPI Pilates method since 2004 within her clinical practice as an adjunct to treatment. She is an AACP registered acupuncturist and currently manages the Leamington Spa branch of APPI Clinics in the UK. Melanie is also a Master Trainer with APPI has been teaching the APPI Pilates courses, both matwork and equipment to Physiotherapists around the world since 2009.



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Day 1:

What You Will Learn

- Participate in a practice session to experience the intermediate level of APPI Pilates
- Examine motor learning and its effect on your teaching skills
- Examine intermediate levels of the static and dynamic APPI Pilates exercises
- Identify how to better communicate with your clients
- Demonstrate the best methods for cueing exercises
- Examine intermediate levels of the rotary stability and controlled strength APPI Pilates exercises

Course Content

INTERMEDIATE MODIFIED PILATES CLASS

- Understand how to work with tactile, visual, or auditory learners

LECTURE 1: PILATES TEACHING SCRIPT

- Learn the unique APPI Pilates Teaching Script

INTERMEDIATE MODIFIED PILATES EXERCISES

- Learn progressions from your MW1 exercises

WORKSHOP 1: THE IMPORTANCE OF RELEASE EXERCISES IN AN ADVANCED PROGRAM

INTERMEDIATE MODIFIED PILATES EXERCISES

- Continue the progressions into dynamic and rotary strength

LECTURE 2: THE ART OF CUEING

- Learn to cue your clients' movements through tactile, visual, and auditory feedback

Day 2:

What You Will Learn

- Participate in a practice session to experience the intermediate/advanced level of APPI Pilates
- Perform intermediate and advanced levels of the static and dynamic APPI Pilates exercises
- Perform the advanced strength and conditioning Pilates exercises
- Identify how to maximize rapport with clients
- Review and polish skills of observation, communication, and teaching skills to optimize treatment outcomes
- Discuss clinically reasoned programs and fitness-based session planning to enable you to design programs for all applications of Pilates

Course Content

INTERMEDIATE MODIFIED PILATES CLASS

CONTINUATION OF INTERMEDIATE MODIFIED PILATES EXERCISES

- Learn the advanced strength and conditioning Pilates movements

WORKSHOP 2: THE "CHALLENGING CLIENT"

- You Learn to understand how your client learns best, therefore maximizing your teaching skills

CONTINUATION OF MODIFIED PILATES EXERCISES

- Learn the unique sequencing to bias muscle groups for toning, strengthening, and fitness

INTERMEDIATE AND ADVANCED MODIFIED PILATES EXERCISES

- Learn to progress your clients from Rehabilitation to Fitness

CASE STUDIES AND PROGRAM PLANNING

QUESTION AND ANSWER SESSION