



APPI Pilates Equipment Certification Course

Based upon the most up to date evidence of spinal stability, pelvic stability, strength and conditioning and pain – this is the essential pilates equipment training course for anyone working in rehabilitation! During the APPI Equipment Series you will learn a range of exercises, from preparatory to advanced, for the Reformer, Cadillac, Split Pedal Chair and Arc Barrel. Each day of training builds upon the last so that upon completion of this certification course you will be confident in designing highly effective and progressive treatment plans. You will understand how to selectively apply all the movements taught based on your patient's clinical presentation and functional requirements to progress your patient to their pre injury level and beyond.

2015 Course Dates:

Equipment Level 1 Aug 22nd - 23rd

Equipment Level 2 Aug 24th - 25th

Equipment Level 3 Aug 26th - 27th

Equipment Level 4 Aug 28th - 29th

Location: Studio U 1516 West Lake Street #201, Minneapolis, MN 55408

Contact: Kristin Procopio MPT: 612-396-9780 or info@studiouonline.com



APPI Education

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APPI Health Group

The Chapel Wellington Road
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APPI Pilates Equipment Certification Series

Equipment Level 1 - Lumbo-Pelvic Stabilisation (Aug 22nd & 23rd 2015):

- Receive a full introduction to Pilates large equipment, set up and safety
- Learn 32 exercises for training lumbo-pelvic stabilisation, and lower limb rehabilitation including preparatory exercises
- Review functional and surface anatomy of the spine, pelvis and hip
- Review and refine verbal and tactile cueing skills for efficient and effective Pilates teaching
- Discuss the clinical application of the Pilates movements and exercise selection for clients with lumbo pelvis and lower limb dysfunction
- Complete specific lumbo pelvic case studies and begin to design and discuss your own treatment plans

Equipment Level 2 - Scapulo-Thoracic Stabilisation (Aug 24th & 25th 2015):

- Build upon the movements, understanding, cueing skills and exercise selection framework from the lumbo pelvic stabilisation repertoire
- Learn 32 movements for training scapulo-thoracic stabilisation and upper limb rehabilitation
- Review the functional and surface anatomy of the scapulo-thoracic region
- Discuss the clinical application of the Pilates movements and exercise selection for clients with scapulo thoracic, cervical and upper limb dysfunction
- Complete scapulo-thoracic case studies and review your self programme commenced on the first 2 days.
- Complete a guided workshop on imagery for the neck and shoulders for improved communication and cueing

Equipment Level 3 - Spinal Articulation and Stretching (Aug 26th & 27th 2015):

- Learn a further 24 flexion, extension, rotation and lateral flexion based movements and how to modify them according to patient needs
- Review the anatomy and arthrokinematics of spinal articulation
- Understand spinal movement dysfunction and how to adapt exercise choice accordingly
- Learn combined movements and stretches for all pieces of equipment
- Complete specific case studies relevant to spinal articulation and stretching and continue to review your self programme commenced on the first 2 days
- Review verbal, tactile and visual imagery specific to fluid spinal movement and articulation

Equipment Level 4 - Progressions and Planning (Aug 28th & 29th 2015):

- Learn another 30 movements to enable clients to progress to functional, higher level rehabilitation and fitness using all the Pilates equipment.
- Complete workshops on posture and postural assessment
- Undertake workshops on Pilates assessment and programme planning and design
- Review and enhance skills in all aspects of teaching Pilates.
- Design and discuss case studies comprising the entire range of movements
- Learn to selectively apply the full range of movements to specific populations

Cost:

- Individual course - \$825.00
- Book the entire series (4 courses) for \$2970.00

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Course Content

Equipment Level 1

Day 1

07:45 Registration.
08:00 Welcome and Introduction.
09:00 Workshop 1: Review 5 key elements.
10:00 Morning tea
10:15 Workshop 3: Functional anatomy review and palpation of the spine, pelvis and hip regions.
11:15 Workshop 2: Introduction to equipment.
12:00 Lunch
12:30 Beginner Reformer, cadillac and split pedal chair exercises
14:00 Beginner reformer and cadillac cont.
15:00 Afternoon tea
15:15 Workshop 4: Visual imagery for pelvis.
16:00 Finish.

Day 2

08:00 Q & A period and review.
08:30 Beginner reformer and cadillac cont
10:00 Morning tea
10:15 Beginner split pedal chair and barrels
12:00 Lunch
12:30 Beginner/Intermediate reformer and cadillac cont.
14:45 Afternoon tea
15:00 Workshop 5: Clinical application
15:55 Discussion of homework and requirements
16:00 Finish.

Equipment Level 2

Day 1

08:00 Q & A from Equipment Level 1
08:30 Introduction to scapulo thoracic stabilisation
09:00 Workshop 6: Functional anatomy review and surface anatomy and palpation of the upper quadrant (UQ)
10:00 Morning tea.
10:15 Matwork class review of upper quadrant matwork exercises.
10:45 Beginner barrels, cadillac and split pedal chair for UQ
12:00 Lunch.
12:30 Beginner barrels, cadillac and split pedal chair exercises for UQ cont
13:30 Beginner reformer cont
14:45 Afternoon tea.
15:00 Workshop 7: Imagery for the neck and shoulders
16:00 Finish

Day 2

08:00 Q & A period.
08:30 Beginner/intermediate reformer exs
10:00 Morning tea
10:15 Beginner/intermediate reformer and cadillac for UQ cont
12:00 Lunch.
12:30 Intermediate reformer and cadillac exercises for UQ
13:00 Intermediate reformer and cadillac for UQ cont.
15:00 Workshop 8: Case study workshop.
15:55 Discussion of homework and requirements
16:00 Finish.

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Course Content

Equipment Level 3

Day 1

8:00 Q & A from Scapulothoracic repertoire
8:15 Lecture introduction to spinal and articulation and stretch on the equipment
9:00 Practical session: Articulation into flexion
10:00 Morning tea.
10:15 Continuation of articulation into flexion
11:30 Practical session: Articulation into extension
12:00 Lunch.
12:30 Continuation of previous movement
13:30 Practical session: Articulation into rotation
14:45 Afternoon tea.
15:00 Workshop 9: Cueing for a flowing spine.
16:00 Finish.

Day 2

8:00 Q & A period and review from day 1
8:30 Practical session: articulation into lateral flexion.
10:00 Morning tea.
10:15 Practical session: Stretching on the large equipment
12:00 Lunch
12:30 Cont stretch repertoire
13:45 Workshop 10: spinal dysfunction and articulation case study workshop
13:45 Afternoon tea
15:00 Workshop 11: Self programme
15:30 Self practice with tutor feedback
15:55 Discussion of homework requirements
16:00 Finish

Equipment Level 4

Day 1

8:00 Introduction to full body integration
8:15 Review of homework and Q & A from previous day
8:30 Abdominal preparation and mid back series with variations
9:00 Core abdominal series
10:00 Morning tea.
10:15 Core abdominal series cont.
12:00 Lunch
12:30 Barrell lumbo pelvic stabilisation ex's
13:30 Reformer standing series
14:00 Afternoon tea
14:15 Intermediate lumbo-pelvic training
16:00 Finish

Day 2

8:00 Review and Q & A period from Day 1
8:30 Intermediate scapulo-thoracic training/Full body integration reformer
9:30 Morning tea.
9:45 Full body integration Chair and Cadillac
11:30 Lunch.
12:00 Workshop 12: Posture & Pilates Assessment
Workshop 13: Planning and progression discussion
Workshop 14: Case Studies
Workshop 15: Exam practice teaching
15:30 Discussion of Certification and exam requirements.
16:00 Finish

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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 and Brazil. 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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