



APPI Pilates for Rehabilitation

Matwork Level 2

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.

- **Pilates as you have never seen it before, the complete program based on pain, pathology, and function**
- **Learn the unique approach to teaching APPI Pilates to a group**
- **Learn the diverse warm-up and cool down movements often missing from Pilates teaching**
- **Discuss issues involved in establishing your Pilates class program within your work setting**

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: 13th & 14th October 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



KIRSTEN ROBERTS graduated in 2010 from the University of Saint Augustine for Health Sciences with her Doctorate in Physical Therapy. Her interest in Physical Therapy began at a young age with a small injury she sustained while dancing. She continued to dance professionally with San Diego Ballet and Southern California Ballet, and continued to see dancers injured without access to health care professionals who understood the particular demands

of their field. This led to a desire to fill that void and a passion not only for dancing, but for educating and treating dancers as well. As a dancer, she had much exposure to Pilates growing up, and always enjoyed the movement experience. However, it wasn't until getting introduced to APPI that everything seemed to fit together so well. Kirsten has been teaching APPI matwork courses throughout the US since 2013.



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Day 1:

What You Will Learn

- Discuss issues involved in establishing your Pilates program within your work setting
- Examine important areas such as assessment, inclusion criteria, outcome measures, advertising, and insurance
- Learn a new repertoire of warm-up and cool down exercises
- Review Matwork Level 1 exercises

Course Content

PILATES CLASS PLANNING

- The APPI Code of Conduct for class instruction
- How to set up your class for optimal learning and instruction
- The best inclusion criteria for pathology based classes
- How to structure drop in vs. structured programs
- Analyze clinical proven methods of outcome measurement for your class success

PILATES CLASS SET UP

- How to orientate your class
- What you need to run a successful class
- The legalities of using music
- What to wear in your classes
- The APPI Pilates teaching script

WARM-UPS AND COOL DOWNS

- The Scapulo-thoracic exercises
- Standing exercises for the upper and lower body
- Exercises for spinal mobility
- The rolling series for spinal mobility

REVIEW MATWORK LEVEL 1 EXERCISES

- A review of your MW1 exercises
- Teaching feedback of your MW1 exercises
- Using your MW1 exercises in class design

Day 2:

What You Will Learn

- Discuss how to use small equipment to enhance your class experience
- Identify how to design the class into 3 sections: warm-up, body, cool down
- Examine how to design population-specific classes
- Discover how to teach to a group setting

Course Content

INTRODUCTION TO SMALL EQUIPMENT WORKSHOP

- Using the foam roller in classes
- Incorporating the Swiss Ball into classes
- Incorporating Resistance Band into classes
- Using the Soft Pilates Ball in classes

CLASS PLANNING WORKSHOP

- Learn the intricacies of successful class planning in group settings
- Plan target specific group classes

PILATES CLASS STRUCTURE

- How to align your class
- Optimal numbers in your classes
- What constitutes your warm-up, body of the class, and the cool down

PILATES CLASS TEACHING

- Practice your teaching of the previous designed classes
- Gain feedback on your teaching
- Practice the technique of “mirroring” to optimize your class experience