



# 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.

## 2016 Course dates

**Equipment Level 1 March 3rd-4th**  
**Equipment Level 2 March 5th-6th**

**Equipment Level 3 May 12th-13th**  
**Equipment Level 4 May 14th-15th**

**Equipment exams: August 24th-25th 2016**

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

**Contact:** Kristin Procopio MPT: 612-396-9780 or [info@studiouonline.com](mailto:info@studiouonline.com)



## EDUCATION

UK & Ireland | USA | Australia | New Zealand | South Africa | Portugal | Hungary | Germany | Malta | Turkey



## APPI Health Group

The Chapel Wellington Road  
London, England NW10 5LJ

T. +44 (0) 845 370 2774

[www.appihealthgroup.com](http://www.appihealthgroup.com)



# APPI Pilates Equipment Certification Series

## Equipment Level 1 - Lumbo-Pelvic Stabilisation (March 3rd-4th 2016):

- 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 (March 5th-6th 2016):

- 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 (May 12th-13th 2016):

- 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 (May 14th-15th 2016):

- 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
- Save 10% and book the entire series (4 courses) for \$2970.00

## EDUCATION

UK & Ireland | USA | Australia | New Zealand | South Africa | Portugal | Hungary | Germany | Malta | Turkey



**APPI Health Group**  
The Chapel Wellington Road  
London, England NW10 5LJ  
T. +44 (0) 845 370 2774  
[www.appihealthgroup.com](http://www.appihealthgroup.com)



# APPI Pilates Equipment Certification Series

## 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.

### EDUCATION

UK & Ireland | USA | Australia | New Zealand | South Africa | Portugal | Hungary | Germany | Malta | Turkey



### APPI Health Group

The Chapel Wellington Road  
London, England NW10 5LJ  
T. +44 (0) 845 370 2774  
[www.appihealthgroup.com](http://www.appihealthgroup.com)



# APPI Pilates Equipment Certification Series

## 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

### EDUCATION

UK & Ireland | USA | Australia | New Zealand | South Africa | Portugal | Hungary | Germany | Malta | Turkey



### APPI Health Group

The Chapel Wellington Road  
London, England NW10 5LJ  
T. +44 (0) 845 370 2774  
[www.appihealthgroup.com](http://www.appihealthgroup.com)



# APPI Pilates Equipment Certification Series

## 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 Misty Austin

Misty Austin graduated from the University of Queensland (Australia) in 2007 with her Master of Physiotherapy Studies. It was at the University of Queensland that she was introduced to evidence based postural stabilization, studying under Gwen Jull, Paul Hodges, and Julie Hides. This knowledge motivated her to commence her Pilates education whilst in Australia. Upon moving to the United States to work full-time as a physical therapist, Misty went in pursuit of continuing her Pilates studies with fitness-Pilates coursework offered in America. It was in 2013 that she found the combination of physiotherapy and Pilates that she was looking for with the Australian Physiotherapy Pilates Institute. This experience inspired her to bring comprehensive APPI coursework to America. As an APPI advocate & presenter Misty loves to teach what she is passionate about to health professionals in North America.



## EDUCATION

UK & Ireland | USA | Australia | New Zealand | South Africa | Portugal | Hungary | Germany | Malta | Turkey



## APPI Health Group

The Chapel Wellington Road  
London, England NW10 5LJ

T. +44 (0) 845 370 2774

[www.appihealthgroup.com](http://www.appihealthgroup.com)