



APPI Pilates for Rehabilitation

Ante/Post Natal

APPI Health Group
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Course Overview

This course is designed for those who wish to learn more about the application of Pilates during the ante and post natal period.

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, Australiasia, South Africa. and South America. The program is dedicated to detailed and accurate Pilates teaching. Based on the most up-to-date evidence of spinal and pelvic stability, strength & conditioning and pain — this is the essential Pilates training tool for all health professionals. The traditional repertoire has been modified to be suitable for all levels, and the program has been built based on clinical reasoning.

Assessment

Before attendance of this course, APPI recommends you to prepare for this course by:

- Viewing the APPI Pregnancy for Pilates DVD
- Reviewing your Matwork Level 1 (or equivalent) manual
- Reading the recommended articles in the reading list

Eligibility

In order to attend this course you must have completed APPI Matwork Level One or a 2 day Pilates training course with a recognised Pilates training provider.

\$ 379

For information or to book contact APPI USA - Minnesota:

Booking:

Kristin Procopio

T: 612-396-9780

E: info@studiouonline.com

W: www.studiouonline.com

Course Date(s) and Venue

27th & 28th August 2016

DoubleTree by Hilton Hotel Minneapolis - Park Place.
1500 Park Place Blvd, Minneapolis, Minnesota 55416

Course presenter: Melanie Bryant

Book together with the Osteoporosis course (26th Aug) to receive a 10% DISCOUNT!



APPI Pilates for Rehabilitation

Ante Post Natal

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Physical Therapy • Pilates • Personal Training



APPI MASTER TRAINER - Melanie Bryant

Melanie Bryant qualified with a BSc (Physiotherapy) Hons from the University of the Witwatersrand, Johannesburg in 2000. She has been living in the UK for the past 15 years, working mainly in Sports and Orthopaedics in the private sector. Her main interests are treating sports injuries and back and neck rehabilitation. She worked previously at Esher Rugby Club and with the England Touch Rugby squad.

She also has a special interest in pre and post natal care and is trained in Pregnancy acupuncture. Mel has worked with the APPI for the past 7 years and is involved in patient care in Wimbledon. She uses manual therapy, acupuncture and Pilates based rehabilitation to ensure her patients can return to their full function as quickly as possible. She is also a Master Trainer for the APPI, delivering courses in London and around the world in both Matwork and Equipment Pilates.

Course Content

- Lectures on the physiological, biomechanical and postural changes that occur during the child-bearing year will be related to the adaption and application of APPI Pilates exercises.
- You will be presented with specific obstetric conditions and the relevant management with APPI Pilates.
- Guidelines to exercise in pregnancy (including Ante and Post natal class plans) will be provided.
- Appropriate exercise including the use of the resistance band and ball will be taught.

Day 1

- **Practical session:** A practical session masterclass to introduce you to the way APPI Pilates is delivered.
- **Lecture:** The antenatal period
Overview of physiological changes during pregnancy and considerations for exercise
- **Lecture:** Rehabilitation Pilates during Pregnancy
Indications and considerations for Pilates throughout the trimesters
- **Practical session:** Rehabilitation Pilates Exercises
11 practical exercises designed for pregnancy
- **Practical session:** Continuation of Rehabilitation Pilates exercises for pregnancy
13 practical exercises designed for pregnancy
- **Case Studies for the antenatal population:**
Attendees design a program of 6 exercises including any exercises, not just what has been learned that day before designing an antenatal class plan for 1st, 2nd and 3rd trimester.

Day 2

- **Practical session:** Postnatal Modified Pilates class
- **Lecture:** Symphysis pubis dysfunction and posterior pelvic pain
Pelvic dysfunction overview and Pilates applications
- **Lecture:** The post natal period
Overview of postnatal period and Pilates applications
- **Massage ball and foam roller workshop**
Demonstration of release techniques/exercises incorporating the massage ball and foam roller.
- **Postnatal Rehabilitation Pilates exercises**
5 Practical exercises designed for the postnatal period
- **Continuation of Postnatal Rehabilitation Pilates exercises**
16 Practical exercises designed for the postnatal period
- **Case Studies**
Exercise programme for postnatal period designed from case study cards followed by a designing a class for 6-12 weeks postnatal and a class for 12 weeks and beyond

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