

# Pilates Therapeutics® 2016 Claremont Series

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## Pilates Training Certifications

### Weekend #1: Saturday, 9/17 and Sunday, 9/18

**9/17 Morning session:** 10:00-1:00pm (hotel banquet space, location TBD)

Subject: Taming Asymmetries in the Body: Background and Assessments (Lecture and Mat)

#### *Course Description*

Many of our clients come to us with asymmetries. Learn about how patterns of movement evolve due to preference for an individual to use one limb, and eyesight. Evidence suggests these preferences are often the cause for many body pains including neck, shoulder, pelvic and low back pain.

Learn to identify these prominent movement patterns while also learning to develop strategies to address them with our Pilates Mat environment. Focus is on the use of the neurodevelopmental sequence, the 8 milestones of the first year before walking. This sequence is used to organize your mat program by using simple tools such as the Activ-Wedge™, included for each participant. Come away with strategies not only aid symmetry of body position but also of functioning for daily life and recreational activities.

**\*\*\*\**This workshop is appropriate for fitness instructors, movement educators and therapists***

***Objectives: at the end of this program, participants will be able to:***

1. Define and describe asymmetry, laterality and directional preference in the body
2. Better understand how eyesight, laterality and directional preferences affect movement
3. Better identify bodily asymmetry, laterality and directional bias through visual observation of faulty postural positioning as well as movement patterns
4. Describe the positions of the neurodevelopmental sequence
5. Describe the use of the wedge prop in Pilates-based mat exercises appropriate to engage asymmetries of the spine, ribcage, pelvis and feet
6. Describe Pilates-evolved mat exercises useful for both studio and home program design for our clients with asymmetries

**1 hour Lunch Break: 1:00-2:00pm (Bayview Café available)**

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**9/17 Afternoon session:** 2:00-5:00pm (Pilates room for practical applications)

Subject: Taming Asymmetries in the Body: Practical Applications in the Pilates Environment

## *Course Description*

This afternoon session focuses on the use of the Pilates apparatus to promote fascial engagement in altering the compensations due to asymmetries. Asymmetries occur due to surgeries, childbirth, and movement preferences as well as eye sight. The Pilates environment is particularly effective in revealing and confronting the many body “individual differences” we all possess. Using the positions of the neurodevelopmental sequence, a framework evolves to guide our clients into more accurate or ultimately optimal bodily functioning.

**\*\*\*\*This workshop is appropriate for fitness instructors, movement educators and therapists**

**Objectives: at the end of this program, participants will be able to:**

1. Better understand why to apply evidence-based neurodevelopmental position techniques and correctives to aid those with asymmetries in the Pilates Apparatus environment
2. Better understand strategies for visual observation of clients to identify both faulty postural positioning as well as movement patterns
3. Identify biomechanical implications of bodily asymmetry, laterality and directional bias and recognize its impact upon the spine, pelvis, limbs and head
4. Describe how the Pilates environment can help those with bodily discrepancies
5. Describe and better understand how to implement exercises in the Pilates apparatus environment using the neurodevelopmental sequence as a framework for change

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**9/18 Morning session:** 10:00-1:00pm (hotel banquet space, location TBD)

Subject: Foot Management: Anatomy and Biomechanics Background (Lecture and Mat)

## *Course Description*

Learn Pilates foot and ankle exercises to promote health in all 26 bones and 57 joints of the feet. The morning session focuses on the anatomy, biomechanics that isolate and promote healthy functioning of the **5 arches** of the foot. Learn the foot types and shapes and how they impact the foot’s functioning during a life time. Learn mat –specific Pilates-based exercises for lower chain leg and foot health appropriate for studio instruction as well as for a home exercise program.

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**\*\*\*\*This workshop is appropriate for fitness instructors, movement educators and therapists**

**Objectives: at the end of this program, participants will be able to:**

1. Identify and recommend Pilates environment exercises for conditions associated with the ankle/foot complex
2. Identify and implement lower extremity biomechanical concepts that promote full dynamic foot use function utilizing the Pilates Methodology
  - Self-mobilizations: footsie roller, gizmo, tennis ball
  - Use of aids to aid exercise success
  - “Rump –lifting”: using the spine to unweight the legs
  - 1<sup>st</sup> position parallel: architecture of the standing pelvic arch connection to the lower extremities
  - Unlocking laterality
  - Connecting talo-crural (ankle) strength with sacro-iliac (pelvic) stability (organizing tri-planar joints )
  - Skilled intervention in specific cueing; pelvic floor force coupling
  - Short Foot Balance Training
3. Identify, demonstrate and recommend stretches for fascial tightness related to general lower extremity issues

**1 hour Lunch Break: 1:00-2:00pm (Bayview Café available)**

**9/18 Afternoon session: 2:00-5:00pm (Pilates room for practical applications)**

Subject: Foot Management: Practical Applications in the Pilates Environment

## **Course Description**

The afternoon practical session focuses on Apparatus-Specific Applications to promote isolation of the 5 arches of the feet, focusing on the osteokinematics of the foot and ankle complex to give a lifetime of healthy function. The use of traditional Pilates foot props are explored as well as the wobble board, balls and rollers. Transformational gait training completes this afternoon session by organizing the fascial slings that make this training a full body experience, in the tradition of Joseph Pilates’ whole body commitment concept of exercise.

**\*\*\*This workshop is appropriate for fitness instructors, movement educators and therapists**

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*Objectives: at the end of this program, participants will be able to:*

1. Better understand specific mechanical correctives to aid clients in the Pilates environment:
  - Intrinsic training
  - Short Foot Apparatus Applications
  - Osteokinetic Reformer Training
  - Ankle stabilizers
  - Use of Pilates props: Foot Corrector/ Gizmo/ Wakers/ Sole mice/ Rollers/ Balls/Bands
2. Better understand how to integrate Standing Pilates into apparatus and prop use
  - Ball in crotch
  - Block step-over exercises
  - Wobble board
  - Statue of Liberty
3. Better understand the fascial slings involved with the phases of gait and how to activate them in the Pilates environment

# Pilates Therapeutics® 2016 Claremont Series

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## Pilates Training Certifications

### Weekend #2: Saturday, 10/01 and Sunday, 10/02

**10/01 Morning Session:** 10:00-1:00pm (hotel banquet space, location TBD)

Subject: Breast Cancer Restoration: Background and Lymphatic System

#### *Course Description*

Breast cancer is now considered a chronic condition. Currently, the American Cancer Society estimates that approximately 3 million women in the U.S. presently live with breast cancer, about 2.3 million have been recently diagnosed with breast cancer and about 1 million do not yet know they have the disease. The Pilates Methodology, therapeutically applied, is an excellent medium to guide these growing populations undergoing a life-altering experience. Meet the pressing need of clients living with breast cancer. Learn specific applications in the Pilates environment. Discover how you can facilitate the needs of reconstruction procedures and avoid lymphedema risks. A special component of this morning session is the presentation of the anatomy and mechanics of the lymphatic system, a must for all Pilates instructors wishing to be safe and effective in their work with survivors.

**\*\*\*This workshop is appropriate for fitness instructors, movement educators and therapists**

***Objectives: at the end of this program, participants will be able to***

1. Describe the connection between the rehabilitation of Pilates elder Eve Gentry and the Pilates Method
2. Better understand the culture, anatomy and sensitivity of the breast and the upper body
3. Better describe the pathologic nature of cancer, along with its etiology and cultural attachments to the breast.
4. Better identify cancer treatment's effect, creating physical limitations as well as cording syndromes.
5. Describe and apply an evidence-based rationale for intervention in the rehabilitation and post-rehabilitation phases for survivors, including reconstruction issues and ongoing treatment issues.
6. Better describe the anatomy of the lymphatic system, the stresses placed upon it and how the stresses apply to safe Pilates participation.
7. Apply Pilates-based mat exercises appropriate for those undergoing acute treatment as well as those in chronic survivorship.

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**1 hour Lunch Break: 1:00-2:00pm (Bayview Café available)**

**10/01: Afternoon Session: 2:30-5:30pm**

Subject: Breast Cancer Restoration: Practical Applications in the Pilates Environment

## *Course Description*

This afternoon session focuses on the use of the Pilates Apparatus to promote restoration of tissues and function in a safe, step-wise progression for survivors. Pilates is evidence-based in its ability to improve range of motion, reduce pain, strength and increase overall self-esteem thus helping survivors to re-gain quality of life. Pilates is often the gateway to larger activity participation. The spring assistance and resistance options offer the perfect medium to restore fascial resiliency, address scar and nerve sensitivities while also promoting muscle and motor control return. Working on the apparatus particularly gives rise to the issues of working with the needs of varying age groups, especially the older adult with the multiple issues of co-morbidities such as osteoporosis.

**\*\*\*\*This workshop is appropriate for fitness instructors, movement educators and therapists**

***Objectives: at the end of this program, participants will be able to***

1. Describe and apply an evidence-based rationale for intervention in the rehabilitation and post-rehabilitation phases for survivors
2. Describe and apply effective exercises to aid reconstruction issues and ongoing treatment issues
3. Better describe the anatomy of the lymphatic system, the stresses placed upon it and how the stresses apply to safe Pilates participation
4. Better understand the needs and issues of the younger client survivor versus the older client survivor
5. Safely apply guidelines and contraindications in the Pilates environment
6. Better understand what Pilates apparatus exercises are appropriate for those undergoing acute treatment as well as those in chronic survivorship.

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**10/02 Morning Session: 10:00-1:00pm**

Subject: Hypermobility, What It Is, What It's Not and How to Work with It

## *Course Description*

Learn about hypermobility, how it differs from instability. The hyper-mobile population includes clients who are either post-partum, have acquired their flexibility through physical training or trauma, have an autoimmune issue or have a genetically loose collagen type. Learn observational and simple evidence-based diagnostic criteria to help you determine the level of laxity involvement to best help your client's body type. Paradoxically these clients need stretching although they are especially at risk for increased ligament laxity. Many tend to have low tone musculature. Learn how to enhance joint congruency and promote the proprioception needed for stability so that they can both enjoy, and build, true strength through Pilates. This morning session focuses on mat-based exercises, precautions for positioning, body mechanics and strength development.

***\*\*\*\*This workshop is appropriate for fitness instructors, movement educators and therapists***

***Objectives: at the end of this program, participants will be able to***

1. Describe the term hypermobility, and better understand the varying types of hypermobility and their impact on the client in the Pilates environment
2. Better understand the different populations who may be affected by hypermobility and why
3. Better understand the difference between acquired and genetic hypermobility
4. Describe the body's local tissues' reactions to hypermobile joints
5. Better understand the difference between instability and hypermobility
6. Better understand the difference between those with a disease state and those with a hypermobile condition
7. Better understand the elements involved with helping those with hypermobility to exercise safely
8. Describe how the Pilates environment can help those with hypermobility
9. Better understand the mat mechanical elements and exercises that help those in the Pilates environment

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**1 hour Lunch Break: 1:00-2:00pm (Bayview Café available)**

**10/02 Afternoon Session: 2:30-5:30pm**

Subject: Hypermobility: Practical Applications in the Pilates Environment

## *Course Description*

This afternoon session focuses on the needs of the hypermobile client in the Pilates Apparatus Room. These clients require proper form to stretch fascia and develop low-tone musculature although they are especially at risk for increased ligament laxity.

Contraindications and precautions will be addressed for this population. Workshop content targets the most effective sites of concentration for optimal stabilization in order to promote optimal function and greatest discomfort relief. Rationale for spring compression engagement in the development of neurogenic strength is given. Specific reformer, trapeze table and chair choreography are explored.

**\*\*\*\*This workshop is appropriate for fitness instructors, movement educators and therapists**

***Objectives: at the end of this program, participants will be able to***

1. Describe how the Pilates environment can help those with hypermobility
2. Describe evidence that gives information about how to help and train those with hypermobility
3. List and identify the criteria for the revised Brighton hypermobility scale
4. Describe appropriate mechanics for the use of arms, hands, neck, feet, knees and hips on the Pilates Apparatus
5. Describe goals useful in working with a hypermobile population
6. Learn exercise series in the Pilates environment that focus on the following body areas to promote better joint congruency and ergonomics in the Pilates environment as well as in daily life
  - Spine
  - Hips
  - Knee and leg alignment
  - Ankles and feet
  - Elbows and wrists
  - Neck

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