



**Course Name: Improving Functional Outcomes Utilizing Principles of Pilates**

Date: 14-15 January 2012

*Class size is limited to 30 participants.*

**Course Description:**

As Joseph H. Pilates developed his Method, he considered the exercises more of a reminder of how the body should move during everyday activities. Each exercise contains two components: a stretching component and a strengthening component. Together, these assist with re-aligning the body. This course delves into the transition of Pilates as an exercise to the incorporation of Pilates into daily activities such as standing, sitting, reaching, transitions, balance and gait. This practical, participatory course will heighten your kinesthetic awareness during everyday movement. It includes extensive lab practice time, clinical examples and research supporting the importance of core stability during movement. You will leave this course feeling energized and more balanced and with a keener eye for identifying movement dysfunctions. You will also be empowered with another method for improving your client's movement and function.

**Course Objectives:**

At the conclusion of the course, you will be able to:

- Incorporate the principles of Pilates into functional movement
- Identify common compensatory movements that occur during transitions
- Develop a program that focuses on balance using Pilates principles
- Identify compensatory movements during gait and know how to correct using Pilates exercises

**Instructor:**

Wendy Quitasol, MPT, received a Master in Physical Therapy from Temple University and a Bachelor of Science from Indiana University. She began her study of Pilates in 1989, and is a certified Romana's Pilates instructor. Wendy studied Pilates in NYC under Romana Kryzanowska and Sari Mejia-Santo, disciples of Joseph Pilates. She has utilized the Pilates method in a variety of settings: long term care, acute care, rehabilitation settings and out-patient clinics. She is co-owner of Mind Body PT & Wellness Center, Inc. in Baltimore, MD.

## **Course Agenda:**

Saturday, 14 January 2012

Pre-Test

Review of Principles of Pilates and history

Review of anatomy of the foot

Examining the foundation: the feet to the pelvis, and common compensations that occur during movement

Integration of basic movements and transitions with a focus on the foundation

Basic exercises in supine, sitting and standing

Sunday, 15 January 2012

Scapular stability and spinal alignment

Review of upper extremity movement

Basic exercises that focus on spinal and scapular stability

Incorporation of scapular stability and the foundation

Gait analysis: pulling it all together while utilizing the principles of Pilates

## **General Information:**

This is a hands-on interactive course. Registration is limited to 30 participants. Admission to the course is on a first come first served, space available basis. Please wear clothing that will permit you to move freely. Each participant must bring a towel or a mat to use for the exercises performed. Shoes will not be worn during the exercises, socks are optional.

## **Tuition:**

\$400, if postmarked before 31 December 2011. It is \$425 if postmarked after 31 December. Payment is due at the time of registration. Course fee includes handout, certificate of attendance, light refreshments and lunch.

Registration & light breakfast 7:30am-8:00am Saturday 14 January 2012

Adjourns at 4:30pm

Light breakfast 8-8:30a on Sunday 15 January 2012

Adjourns at 4:30p

## **Audience:**

PT, PTA, OT, COTA

**Location:**

Mind Body PT & Wellness Center, Inc.

1400 Coppermine Terrace

Baltimore, MD 21209

**Credits:**

This course has been approved by the Maryland Board of Physical Therapy Examiners for 1.5 CEU's.

**Policies:**

Tuition, less a \$50 administration fee, will be refunded for written cancellation notice received by 6 January 2012. Refunds will not be given after this date, although someone can attend in your place. Mind Body reserves the right to cancel or change the course for due cause. Cancellation of the course will result in a full tuition refund.

**Sponsor:**

Mind Body Physical Therapy & Wellness Center, Inc.

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Baltimore, Maryland 21209

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**Registration Form:**

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