Pre-Requisite -The Client Centred Approach to Re-Training Motor Control

2 Day course

Members	$1050.00
Non-Members	$1100.00

The Mat Course

ESSA Member	$770.00
Non-Members	$900.00

The intent of this Pilates based course is to enable Physiotherapist, Exercise Physiologist and Exercise Scientists who wish to instruct one-on-one and group classes in settings such as fitness facilities, client workplaces, Physiotherapy training clinics to gain practical experience in how to safely use the Pilates based equipment and exercises to address their patience rehabilitation or sports performance needs. The course is not intended to give attendees the certification of being a Pilates Instructor, rather they will be treated as participants who have the knowledge to safely use and teach exercises on the various Pilates based equipment to address the rehabilitation and performance needs of their patience.

The Mat Course is designed for performance in healthy populations, management and/or treatment of musculoskeletal conditions (chronic pain, soft-tissue injuries, arthritis, and orthopaedic rehabilitation), and manifestations of neurological conditions which cause a decline in balance or coordination.

This course uses the Roman Method as a tool for teaching Pilates-based Mat exercises and explores the concept of creating stability during mobility. Practitioners will identify inefficient or restricted movement patterns due to factors such as sustained or repetitive postures, fascia, and pain perception. Skills in injury risk reduction using correct sequence of muscle kinetic chain activation to achieve tasks safely and efficiently.

Techniques such as sequential training, dissociation, cueing, and how to regress and progress exercises will be provided to assist instructors to teach simple to complex, multiplane movement patterns. The exercises demonstrated in this course will provide beginner to advanced repertoire to provide a range of prescriptions for any level of client related stability, endurance, and motor control. Slow movement eccentric training and balance training in exercises will be incorporated on the Mat to create an environment of learning and problems solving for participants, while also providing direction for uninterrupted flow between exercises.