

STOTT PILATES®

Injuries & Special Populations



The STOTT PILATES® Injuries & Special Populations course develops the skills to address a broad range of physical challenges among clients. Learn to customize workouts to address weaknesses, health conditions, postural problems or injuries (but not to diagnose specific injuries).



Next Steps
Interested in new subject matter or want to become a specialist? Consider **Workshops and Specialty Tracks.**

Instructors Learn

- ▶ Approaches to rehabilitating an injured musculoskeletal system
- ▶ Anatomy and biomechanics, dysfunctions, pathologies, and exercise modifications in the lumbo-pelvic, cervical, upper quadrant, shoulder, elbow, wrist, hip, knee, ankle and foot regions
- ▶ Pregnancy, fibromyalgia and other special conditions plus workout design
- ▶ Appropriate modification of Matwork, Reformer, Cadillac, Stability Chair™ and Barrel exercises including variations with light equipment.

Prerequisites



Equipment Presented

- ▶ Floor Mat
- ▶ Flex-Band® exerciser
- ▶ Foam Roller
- ▶ Pilates Edge™
- ▶ Jumpboard
- ▶ Spine Corrector
- ▶ Arc Barrel
- ▶ Eco-Friendly Pilates Pad
- ▶ Foam Grip Handles
- ▶ Toning Balls™
- ▶ Stability Ball™
- ▶ Rotational Disks
- ▶ Reformer Box
- ▶ Extension Straps
- ▶ Spine Supporter
- ▶ Ladder Barrel
- ▶ Mini Stability Ball™
- ▶ Fitness Circle® resistance ring
- ▶ BOSU®* balance trainer
- ▶ Reformer with Vertical Frame
- ▶ Cadillac Trapeze Table
- ▶ Padded Platform Extender
- ▶ Split-Pedal Stability Chair™
- ▶ Foam Cushions A & C
- ▶ Rotational Diskboard

Required Course Materials

- ▶ 2 manuals: *ISP Resource Guide*; *ISP Support Material*
- ▶ 2 DVDs: *Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*; *Back Care Repertoire (includes: Be Kind to Your Spine; Pain-Free Posture; Standing Tall)*
- ▶ Students should bring anatomy books

Recommended Materials

- ▶ DVDs: *Prenatal Pilates on Equipment*; *Prenatal Pilates on the Mat*; *Prenatal Pilates on the Edge*; *Prenatal Pilates on the Ball*; *Post-natal Pilates*; *Armchair Pilates*; *Armchair Pilates Plus*; *Dynamic Armchair Pilates*; *Armchair Pilates with Handweights*; *Breast Cancer Rehab on Equipment*; *Pilates for Breast Cancer Rehab*; *Spinal, Pelvic & Scapular Stabilization on Equipment*; *Peripheral Joint Stabilization on Equipment*; *Peripheral Joint Stabilization with Reformer & Vertical Frame*;

Duration

- ▶ 24 hours

Certification

Successful completion of the ISP course is required to gain full certification.

Cost for Students

ISP – 24 hours	
cost per person	£890
course materials	£240

CECs:
2.4 STOTT PILATES

Upcoming Training Schedule

1 – 2 and 8 – 9 July 2017
9.30 – 4.30 includes lunch break.

Courses are limited to 12 participants.

For more information and to register contact

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