

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

<b>ISP – 24 hours</b>	
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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