

# INTRODUCING APPI PILATES FOR REHABILITATION: MATWORK LEVEL 1

Please select a date and location:

- SPRINGFIELD - May 4 & 5**
 **KANSAS CITY - May 6 & 7**  
 **ST. LOUIS - May 9 & 10**
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## Total Registration Fee:

	Early*	Regular
Single Registrant	\$379	\$399
2 to 4**	\$369 ea.	\$389 ea.
5 or more**	\$359 ea.	\$379 ea.

\*Registrations received 10 days prior to seminar date.  
\*\*Price per person when registering at the same time.

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Registrant's Profession \_\_\_\_\_ License number \_\_\_\_\_

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The APPI matwork training series consists of three 2-day courses—MW1: The Foundation; MW2: Class Instruction; MW3: Intermediate and Advanced. Attend this 2-day course to get the foundation necessary to incorporate Pilates into your therapeutic practice.

# Introducing APPI Pilates for Rehabilitation: Matwork Level 1

- ◆ Pilates as you have never seen it before, the complete program based on pain, pathology, and function
- ◆ Understand the evidence behind this popular exercise method
- ◆ Learn the 5 stage rehabilitation program that is now leading the industry in the UK
- ◆ Identify how to clinically reason every Pilates exercise and incorporate into your practice

*The Australian Physiotherapy and Pilates Institute (APPI) is firmly established as the leading force in the delivery of safe and effective Pilates teacher training for the allied health industry. Come participate in the first of 3 courses that will prepare you for certification.*



Springfield, MO - May 4 & 5  
Kansas City, MO - May 6 & 7  
St. Louis, MO - May 9 & 10  
Evansville, IN - May 14 & 15  
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Continuing education available for Athletic Trainers, Certified Strength and Conditioning Specialists, Exercise Physiologists, Physical Therapists, Personal Trainers and Occupational Therapists.

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# Introducing APPI Pilates for Rehabilitation: *Matwork Level 1*

## Using the APPI Pilates Method in Rehabilitation

One of the world's most popular Pilates training programs is finally here in the USA. APPI Pilates teaches you a fully integrated Matwork Pilates program that can be used in any clinical setting, without the need for specialized equipment. This highly popular matwork training series, currently run throughout Australia and Europe, is dedicated to detailed and accurate Pilates teaching.

Based on the most up to date evidence of spinal stability, pelvic stability, strength and conditioning and pain—this is the essential Pilates training tool for all health professionals. The APPI has analyzed all 34 traditional Matwork exercises, and broken them down into a step-by-step guide from day 1 Pain, right through to elite level sport. Most importantly, every stage has a clinical reason as to why you would choose that exercise for your client. Research has shown that specific retraining of the deep abdominal muscles reduces the recurrence rate of low back pain. Evidence from Hides (2003), Hodges (2006, 2008, 2009), Mosely (2006), Jull (2004), and many more have shown us the relevance of motor control theories and their clinical use. Combining this knowledge with that of the Global Sling theories, Andry Vleeming, Dianne Lee and others have led to the APPI Pilates Method being the most scientifically sound of all the Pilates training in the world today. For more information on APPI and their courses, or to order products from APPI, visit [www.CrossCountryEducation.com](http://www.CrossCountryEducation.com).

**WEBCAST**  
with CE also available

## Course Director

**GLENN WITHERS, BPhysio, MAPA, MCSP, MOCPPP, Cert. Pilates, MAPPI**, the founder of APPI, graduated from Latrobe University School of Physiotherapy in 1998 and began work in private practice the following year. Glenn worked alongside Australia's leading sports Physiotherapists within an elite development program at some of Australia's premier Sports Medicine Centres. He soon discovered the key link between muscle imbalance and Pilates and was awarded a postgraduate scholarship for international study in Pilates. Seeing a great exercise technique, but one that lacked the structure and evidence for use in clinical practice, he teamed up with fellow physiotherapist Elisa Stanko to bring about an evidence base for Pilates use in the clinical setting. Glenn and Elisa then spent four months modifying traditional Pilates to reflect current research findings and their implications for rehabilitation. The result of this was the foundation of the APPI Method, and the APPI as a leading Institute in rehabilitation based Pilates. Over the last 10 years, Glenn has taken the APPI Method to many areas, including the NHS, the military, premier league football clubs such as Manchester United, Arsenal, Tottenham, Charlton Athletic and Chelsea, the British Bobsleigh Team at world class competitions, and is now a regular contributor to media and industry publications.

**SARAH CHAMBERS, BSc (Hons), MCSP, MAPPI**, a senior APPI instructor, graduated in Human Biology in 1989 from Oxford Brookes University and then went on to complete her Physiotherapy training at Birmingham's Royal Orthopaedic Hospital in 1992. She works at Bicester Physiotherapy and Sports Injury Clinic in Oxfordshire, specializing in musculoskeletal and Matwork Pilates rehabilitation. Ms. Chambers has 20 years of experience in the health and fitness industry, first at the NHS, before developing an interest in movement dysfunction, lumbopelvic stability, and muscle imbalances at the Hospital of St. John and St. Elizabeth. Since she became an Australian Physiotherapy and Pilates Institute presenter in 2009, Ms. Chambers has shared her infectious enthusiasm for Pilates with a wide range of audiences all over Europe and the Continental U.S., including working with the World Leaders in Pilates Education.

## What You Should Bring

- An exercise mat
- A towel
- Loose, comfortable clothing as there is a large practical component
- Water

Also, think of a patient you might be able to use for the case study workshop at the end of day two. Being able to apply your new skills to a real case will make this seminar much more valuable for you.

## Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Exercise Physiologists
- Certified Strength and Conditioning Specialists
- Personal Trainers
- Certified Pilates Instructors



## DAY ONE

### What You Will Learn

- Participate in a practice session to experience the beginner level of APPI Pilates
- Outline the 8 principles of Pilates
- Develop a sound foundation of the Pilates key elements
- Discuss the relevant scientific evidence for the APPI Method
- Examine the beginner levels of the static and dynamic APPI Pilates exercises
- Assess how to incorporate visual imagery into your teaching
- Identify how to analyze lumbar and pelvic instabilities
- Directly link current segmental stabilization and pelvic stability research to Pilates matwork movements
- Learn a range of matwork movements for lumbopelvic, scapulothoracic stabilization, sports rehabilitation and ante and post natal stabilization training
- Develop astute cueing and communication skills to optimize learning

### COURSE CONTENT

#### **PRACTICAL SESSION: APPI PILATES MATWORK CLASS—BEGINNER LEVEL**

- ◆ A practical session master class to introduce you to the way APPI Pilates is delivered for rehabilitation

#### **LECTURE 1: THE HISTORY OF PILATES AND THE APPI 5 KEY ELEMENTS**

- ◆ The 8 principles of Pilates and how they are aligned to current evidence
- ◆ The 5 essential elements of Pilates and their link to the current research of pain, pathology and function

#### **PRACTICAL WORKSHOP 1: THE APPI 5 KEY ELEMENTS**

- ◆ Relating the theory to practical application
- ◆ The first session as it would be delivered to your clients

#### **LECTURE 2: LUMBAR STABILIZATION REVIEW**

- ◆ An analysis of the evidence

#### **PRACTICAL WORKSHOP: APPI PILATES EXERCISES: STATIC STABILITY SERIES**

#### **LECTURE 3: PELVIC STABILIZATION REVIEW**

- ◆ The role of Global Muscle Slings

#### **APPI PILATES EXERCISES: DYNAMIC STABILITY**

#### **CONTINUATION OF APPI PILATES EXERCISES: DYNAMIC STABILITY**

#### **PRACTICAL WORKSHOP—VISUAL IMAGERY RETRAINING**

#### **CASE STUDY REVIEW**

- ◆ Using a member of the course we will start to put into practice the exercises learned on day one

## DAY TWO

### What You Will Learn

- Participate in a practice session to experience the intermediate level of APPI Pilates
- Identify how to analyze and assess the deep neck flexor muscles
- Examine the 9 contraindicated Pilates exercises and why they are dangerous
- Perform the beginner level rotary stability exercises
- Outline the 5 stage Rehabilitation Model
- Discuss how to design clinically reasoned programs for clients with pain

*The best physical therapy/Pilates course I've taken—and I have taken many as I have been teaching Pilates a long time. Great instruction of teaching techniques, explanation of clinical relevance, and evidence based application.*

Leah F., Physical Therapist  
Baltimore, MD

### COURSE CONTENT

#### **PRACTICAL SESSION: APPI PILATES MATWORK CLASS—INTERMEDIATE**

- ◆ A master class on how the program develops, really challenging your core control with intermediate movements

#### **WORKSHOP 4: DEEP NECK FLEXOR ASSESSMENT**

- ◆ Analyze the deep neck flexor muscles and if a client has cervical instability

#### **CONTINUATION OF APPI PILATES MATWORK EXERCISES**

#### **WORKSHOP 5: TRADITIONAL PILATES EXERCISES**

- ◆ The 9 contraindicated exercises and why they are dangerous

#### **CONTINUATION OF APPI PILATES MATWORK EXERCISES**

#### **LECTURE 4: THE APPI 5 STAGE REHABILITATION MODEL**

- ◆ The 5 stages of clinically reasoning a patient's program

#### **WORKSHOP 6: SELF ANALYSIS AND PRACTICE**

- ◆ Develop your own program based on the weaknesses discovered over the course

#### **WORKSHOP 7: CLINICAL CASE STUDIES**

- ◆ Designing home exercise programs for a case study as a team
- ◆ Ensuring you have learned all the major objectives of the course

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## Dates & Locations

### SPRINGFIELD - May 4 & 5, 2013

University Plaza Hotel

333 John Q Hammons Pkwy, Springfield, MO 65806 417-864-7333

### KANSAS CITY - May 6 & 7, 2013

Embassy Suites

220 W 43rd St, Kansas City, MO 64111 816-756-1720

### ST. LOUIS - May 9 & 10, 2013

Hilton Airport

10330 Natural Bridge Rd, St. Louis, MO 63134 314-426-5500

### EVANSVILLE - May 14 & 15, 2013

Hilton Garden Inn Evansville

200 Eagle Crest Dr, Evansville, IN 47715 812-476-4000

### INDIANAPOLIS - May 16 & 17, 2013

Sheraton City Centre

31 W Ohio St, Indianapolis, IN 46204 317-635-2000

## Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Register online at

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## Continuing Education Credit

**Physical Therapist:** This program has been approved by the Kentucky Physical Therapy Association for 12 contact hours (Category 1) Approval #CS74-2011-KPTA. This approval is valid until 10/31/13. The Illinois Chapter Continuing Education Committee has certified that this course meets the criteria for approval of Continuing Education offerings established by The Illinois Physical Therapy Association. This course is approved for 12 Credit Hours. IPTA Approval #75-4552. This program has been submitted to the Kansas Physical Therapy Association for 12 contact hours. This program has been approved by the Arkansas State Board Of Physical Therapy for 12.0 contact hours for Physical Therapists.

**Athletic Trainers:** Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider #P3097. 12 CEUs will be awarded.



**Occupational Therapists, Occupational Therapy Assistants:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for 1.2 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.



**Certified Strength and Conditioning Specialists/Personal Trainers:** NSCA Certification Executive Council approved 1.2 CEUs for CSCS and NSCA-CPT certificants attending this event. Aprvl# D1035.



**Exercise Physiologists:** The American College of Sports Medicine's Professional Education Committee certifies that Cross Country Education meets the criteria for official ACSM Approved Provider Status from (2011-2013). Providership #650699.



**Other professions:** This educational offering qualifies for 12 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Amended certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/ associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

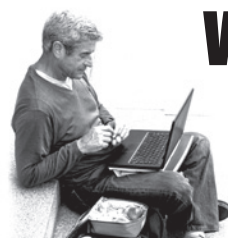
**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

## Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add [customerservice@crosscountryeducation.com](mailto:customerservice@crosscountryeducation.com) to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

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Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.



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