

# THERAPEUTIC PILATES FOR REHABILITATION PROFESSIONALS

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2 to 4**	\$369 ea.	\$389 ea.
5 or more**	\$359 ea.	\$379 ea.

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

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- ◆ Reduce pain, retrain muscles, and restore function with equipment-free matwork exercises for lumbopelvic function, scapulothoracic stabilization, sports injury treatment, and ante and postnatal stabilization training
- ◆ Learn it today, use it tomorrow. Practice each technique with hands-on instruction and implement your new skills confidently back at the clinic
- ◆ Incorporate Pilates in treatment planning for a wide range of cases, from day-one pain management to elite level sport rehabilitation
- ◆ Discover an industry-leading 5-stage rehabilitation program, developed from cutting edge research of spinal and pelvic stability, strength and conditioning, and 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

San Diego, CA - July 14 & 15

Anaheim, CA - July 16 & 17

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www.CrossCountryEducation.com

Continuing education available for Athletic Trainers, Certified Strength and Conditioning Specialists, Exercise Physiologists, Physical Therapists, Personal Trainers, and Occupational Therapists.

***"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***

# **THERAPEUTIC PILATES**

## *for Rehabilitation Professionals*

## **Jumpstart Recovery Progress with Pilates in 5 Steps**

One of the world's most popular Pilates training programs is finally here in the U.S. The Australian Physiotherapy and Pilates Institute teaches you a 5-stage matwork Pilates program that can be used in any clinical setting, without the need for specialized equipment. This highly popular matwork training program, currently run throughout Australia and Europe, is dedicated to detailed and accurate Pilates teaching.

Using cutting-edge research of spinal and pelvic stability, strength and conditioning, and pain, the APPI has analyzed all 34 traditional matwork exercises, and broken them down into a step-by-step guide from day-one pain management to elite level sports rehabilitation. Most importantly, you'll explore the evidence base and clinical indications for each exercise, empowering you to confidently customize therapy to your clients' needs. 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).

## **Course Director**

**GLENN WITHERS, BPhysio, MCSP, Co-Founder of the Australian Physiotherapy & Pilates Institute®, Chair ACPET**, has been leading the world of rehabilitation-based Pilates for over 10 years. Co-founder and creator of the world renowned APPI Pilates Method, Glenn has been inspiring thousands of clinicians around the globe to change their clinical practice to incorporate Pilates into the medical world. Having analyzed all of the traditional Pilates moves and broken them down based on pain, pathology, and function, Glenn, in partnership with APPI Co-Founder Elisa Withers, has created one of the world's most widely used Pilates programs. Glenn has delivered the APPI Program in 12 different countries, and in many settings from the NHS, military, Premier League football clubs, and even British Bobsleigh!

One of the world's most sought-after speakers, Glenn is a published author, Chair of the Association of Chartered Physiotherapists in Exercise Therapy (ACPET), technical expert advisor to Skills Active and REPS, consultant to Tottenham Football Club, and a key member of the working party bringing the Chartered Society of Physiotherapy (CSP) and the Fitness Industry Association (FIA) together. As APPI's residing director, Glenn is passionate about the ongoing development of the APPI Method and ensuring the integrity of the original APPI Method is maintained in the delivery of all courses. To this degree Glenn still personally reviews the feedback from every course to ensure the standards he and Elisa first developed are met.

## **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 2. 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



*Connect with Us!*



## DAY 1

### 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 postnatal 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 & 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 1

## DAY 2

### 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

*Amazing course! Instructor is very knowledgeable and professional as well as very personable. Very thorough and clear instruction of material. Practically applicable and I will be able to use this course work right away with my patients! Thank you!*

Cheryl Boedigheimer, PT  
Vancouver, WA

### 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 & 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



## Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, professionals, and key personnel through our seminars, conferences, and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our live seminars or webinars, or purchase an audio, video, or online product, and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

## Dates & Locations

### SAN DIEGO - July 14 & 15, 2014

Four Points Sheraton

8110 Aero Dr, San Diego, CA 92123 858-277-8888

### ANAHEIM - July 16 & 17, 2014

Red Lion Hotel Anaheim

1850 S Harbor Blvd, Anaheim, CA 92802 714-750-2801

### TORRANCE - July 19 & 20, 2014

Marriott Hotel

3635 Fashion Way, Torrance, CA 90503 310-316-3636

## 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.



*This was the most informative class on Pilates for rehab I've taken. Invaluable info and direct applications for PT care. Thoroughly enjoyed the class. Would highly recommend.*

Rosemary Matthes, PT  
Redlands, CA

## APPI MATWORK SERIES DVD TRIPLE PACK

by APPI

From beginner to advanced, Cross Country Education offers the full APPI Matwork repertoire on DVD. Available individually and as a complete set.

item # 4269

to order this and other items visit

[www.CrossCountryEducation.com](http://www.CrossCountryEducation.com)

## Continuing Education Credit

**Physical Therapist:** The Physical Therapy Board of California recognizes California Education Connection as an Approval Agency to Approve Providers of Continuing Competency Courses in California for Physical Therapists and Physical Therapy Assistants. This course has been submitted for 12 CE / Contact Hours and approval is pending.

**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:** This program is pending CEU approval by the NSCA Certification for pre-approval of 1.2 CEUs.

**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 (2013-December 31, 2015). Providership # 650699. This Continuing Education offering meets the criteria for 12 credit hours of ACSM Continuing Education Credit.



**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 e-mail within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your e-mail 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, minus 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. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education, LLC. 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.