PILATES:
INTEGRATION INTO THERAPEUTIC PRACTICE
April 4-5th, 2020

COURSE DESCRIPTION
This introductory course is designed for Physical Therapists, Physical Therapy Assistants, Student PT/PTAs who have little or no experience with Pilates but have an interest in integrating this method into their Orthopaedic rehabilitation practice. Participants will learn how to use Pilates as therapeutic exercise with specific patient populations. Emphasis will be placed on safe use of the equipment, core stabilization and basic Pilates principles. Upon completion of this course participants will have the tools and skills to effectively integrate Pilates into any practice to meet therapeutic goals.

LOCATION:
BASI Pilates of San Diego
310 K Street, San Diego, CA 92101

Level: Beginner to Advanced
Student-to-Instructor Ratio: 16:1

COST:
APTA PT/PTA Members: $350
Non PT/PTA Members: $450
APTA Student Members: $225
Non Student Members: $325

CEUs: 1.1 CUEs (pending CPTA approval)

Register via the San Diego CPTA website: https://sandiegocpta.com/course-registration

SAMANTHA WOOD, MPT, MBA, PMA-CPT, RYT
Samantha Wood holds a B.S. in Exercise Science from USC and a Master’s degree in Physical Therapy from Western University of Health Sciences. Sam has over 20 years of experience as a physical therapist and specializes in orthopedics, sports medicine, Pilates-based rehabilitation, functional rehabilitation and yoga therapy. She is co-owner of The Cypress Center in Pacific Palisades where physical therapists have been incorporating Pilates into their treatments with excellent patient outcomes for 20 years. Sam received her Pilates certification in 2001 from Pilates master and founder of Body Arts and Science International, Rael Isacowitz, and she continues to do advanced training with Rael. As an Associate Faculty member for BASI Pilates, Sam presents at professional conferences and teaches courses both locally and internationally. Sam’s other specialty is business management. She earned her MBA at USC in 2004 and enjoys helping colleagues start-up and manage successful PT/Pilates practices. Sam is the author of Pilates for Rehabilitation and has also been published in Advance for Physical Therapists and Pilates Style magazines. Sam is a Yoga Alliance certified instructor and a member of both the APTA and the Pilates Method Alliance.
DAILY SCHEDULE

Day 1
11:30-12pm Registration
12:00-12:45 Introduction of the Pilates Method
   The benefits of Pilates for therapeutic/rehab purposes
12:45-1:45 Introduction to the Pilates Apparatus
   (Safety, Spring Resistance and Set-Up)
   The Basics - Breathing technique, Neutral Spine/Neutral Pelvic position, Core Strength
1:45-2:00 Break
2:00-2:30 Lab - Mat Exercises
2:30-3:15 Lumbar Stabilization - Literature review, functional anatomy and biomechanics review
3:15-3:45 Break
3:45-4:45 Lab - Pilates exercises from BASI Block System and Lumbar Stabilization PT Protocol
4:45-5:00 Break
5:00-5:30 Literature Review, functional anatomy and biomechanics review Cervical Spine Pathologies
5:30-6:15 Lab - practice exercises from Lumbar and Cervical Stabilization Protocols
6:15-6:30 Discussion and Questions

Day 2
12:00-12:30 Scapular Stabilization- Literature Review, Functional anatomy and biomechanics review of the shoulder
12:30-2:00 Lab - Pilates exercises from BASI Block System and Scapular Stabilization Physical Therapy Protocol
2:00-2:15 Break
2:15-3:00 Hip/Knee/Ankle
3:00-3:30 Break
3:30-4:30 Lab - Pilates exercises from BASI Block System and Hip, Knee, Ankle Physical Therapy Protocols
4:30-4:45 Break
4:15-5:30 Continuation of lower extremity exercise lab
5:30-6:15 The Business of Pilates
6:15-6:30 Discussion and Questions

COURSE OBJECTIVES

1. Gain an understanding of the guiding principles of Pilates and how these can be applied clinically to patients.
2. Discover the many benefits and advantages of using Pilates in a therapeutic environment.
3. Learn safe use of the Pilates equipment and how to modify for different patient populations and abilities.
4. Perform basic Pilates exercises chosen from the BASI Block System and Pilates Exercise Protocols (created and utilized by physical therapists for 20 years).
5. Identify how to effectively cue for proper activation of the core stabilization muscles.
6. Learn how to document and bill properly to maximize reimbursement.
7. Examine current clinical research on the effectiveness of Pilates in rehabilitation.
8. Discover the basics of managing a Pilates-based business (e.g. cost of equipment, billing, training programs, hiring, and retention).

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Please contact us with any questions:
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