

STOTT PILATES®

ISP 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).

the next step



Interested in new subject matter or want to upgrade your skills? Consider a full complement of Workshops.

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
- ▶ Rubber 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 w/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

CECs:

- ▶ 2.4 STOTT PILATES, 2.4 ACE, 4.0 CFP

Duration:

- ▶ 24 hours

Recommended Materials:

- ▶ 13 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*; *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*

Certification:

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

Cost for Students

ISP – 24 hours

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| cost per person | \$900 |
| course materials | \$292.16 |

Upcoming Training Schedule

August 25-28
Thu, Fri, Sat 1pm-7:30pm, Sun 11am-5:30pm

Courses are limited to 15 participants.

For more information and to register contact

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Payment due to confirm registration