

CONTINUING EDUCATION FOR

Physical Therapists and Rehab Professionals



Expand your Practice with Movement as a Treatment Modality

Balanced Body's innovative program is designed specifically for rehabilitation professionals looking to expand the use of therapeutic movement as a treatment modality. Research supports mind body movement modalities, such as Pilates and CoreAlign, as proven methods which enhance joint range of motion, improve balance and proprioception, and a patient's ADL. Therapists learn to work with individuals, regardless of their level of function—from the most acute level of diagnosis, to those with high athletic capabilities. From simple mat-based exercises, to fully integrated protocols on specialized equipment, you will gain the movement theory and hands-on exercise sequences to start using with your clients the very next day!

Why train with Balanced Body?

- » Instructors are Physical Therapists with 10+ years using movement in clinical practice
- » Evidence-based exercises proven to treat common orthopedic and neurological conditions
- » Convenient and affordable—4 and 8 hour workshops

**CEUs pending state by state; petition documentation available.*

For more information go to
sites.pilates.com/rehab

PILATES

8
hours

Balanced Body Movement Principles for Rehabilitation Professionals

This course is designed to teach fundamental movement patterns and how to use them in the clinical setting. Focusing on commonly used mat-based exercise, you will learn the “why” behind the “what”, and how to customize your therapeutic movement prescriptions for optimum effectiveness and patient participation. Deepen your ability to observe, assess and prescribe exercise in this practical course focused on neuromotor training protocols, movement quality and clinical application.

4
hours

Introduction to the Reformer for Rehabilitation Professionals

Learn how to incorporate the Reformer into your current treatment plan to improve movement quality, strength and range of motion in a variety of functional positions. Each exercise category will include set-up, safety, basic regressions and progressions and suggested sequences for common conditions.



8
hours

Reformer Fundamentals for Rehabilitation Professionals

This one-day Reformer course expands on the introductory Reformer workshop with additional exercises, case studies and an in-depth understanding of how to use this versatile and effective apparatus to optimize clinical outcomes. After completing this course, you will be able to effectively implement Reformer programs for clients with lower back pain, hip, knee and ankle pathologies and common upper body injuries.

8
hours

Trapeze Table (Cadillac) Fundamentals for Rehabilitation Professionals

The Pilates Cadillac is an excellent apparatus for teaching fundamental movement skills and combining exercise with manual modalities. Learn how to use the springs and multiple attachment points in movement protocols to improve lumbopelvic stability, spinal mobility, upper body coordination and strength. Includes equipment set-up and safety.

4
hours

Introduction to the Chair for Rehabilitation Professionals

The Pilates Chair offers a wide variety of exercises in a small footprint. In the clinical setting, the Chair provides the opportunity to work functional sitting and standing movement patterns. Learn how to optimize the chair to teach protocols for lower body strength and balance, lumbopelvic stability, scapular stability and mobility. Includes equipment set-up, clinical applications and safety.



Introduction to the CoreAlign® for Rehabilitation Professionals

4 hours

This half-day workshop will show you how to incorporate the CoreAlign smoothly into your clinical practice. You will learn to assess the body in motion and quickly identify and address areas of dysfunction. The workshop covers protocols for training gait, lumbopelvic and scapular stability and improving balance. Includes equipment set-up and safety.

CoreAlign® Fundamentals for Rehabilitation Professional

8 hours

This full-day course explores how to use the CoreAlign's variable tube resistance and independent moving carts to facilitate quality movement in a variety of positions including: supine, all-fours and common standing functional movement patterns. For each exercise presented you will learn appropriate patient set-up, basic regressions and progressions. The course includes a case study and appropriate applications in the rehabilitation setting. Includes equipment set-up and safety.

Balanced Body Instructor Training Courses

Our rehab focused courses are designed for the clinician who is looking to implement Pilates and/ or CoreAlign training to improve patient outcomes, expand wellness offerings and increase self pay income. Our Instructor Training Courses are fully compatible with our Pilates and CoreAlign Instructor Training Programs and are offered at Balanced Body Authorized Training Centers worldwide. These courses provide a deeper understanding of movement as a therapeutic modality and prepare the rehab professional to teach full length classes.

	Day(s)	Hour(s)
Pilates Mat 1 for the Rehab Professional	2	16
Pilates Reformer 1 for the Rehab Professional	2	16
CoreAlign 1: Foundations for the Rehab Professional	2	16
CoreAlign 2: Progressions for the Rehab Professional	2	16

**CEUs pending state by state; petition documentation available.*

For specific course availability, go to pilates.com/education/education-finder



“ For me, Pilates is a critical component in physical therapy because it keeps patients engaged, motivated and really connected to the therapist. It can be just a few simple moves that make all the difference. We see far greater results and faster recovery in patients that embrace movement as part of their treatment plan. ”

~Lindy Royer | PT, NCPT
Founder, Park Meadows Center for Movement



“ Pilates provides many tools to empower patients to attain optimal functional capabilities and achieve their rehabilitative goals quicker. Patient compliance with Pilates is far greater, with willingness to do HEP, and patients transitioning into fitness/wellness Pilates with me following PT treatment. To paraphrase Joseph Pilates: *Pilates gives PTs the ability to teach patients to be in control of their body, rather than at its mercy!* ”

~Kerry Siman-Tov | MS, PT, MTC, NCPT
Owner, Archer Pilates Studio

