

## MAT COURSE INFORMATION FOR PARTICIPANTS

Back in Motion was one of the first Physiotherapy clinics to introduce Pilates into rehabilitation in New Zealand. Our Pilates Mat Courses are only taught to registered Physiotherapists and are designed to build on existing anatomical, biomechanical, pathological and clinical understanding; consequently they begin at an advanced baseline knowledge level. This in turn provides course participants with a challenging clinical course both physically and mentally.

Our courses cover a vast amount of information extending outside of the specific Pilates Mat exercises to incorporate greater awareness and understanding of rehabilitation in a variety of clinical groups. Pilates is a method which specifically focuses on spinal rehabilitation while encompassing whole body strengthening. Back in Motion Pilates Mat Courses teach individuals to instruct Pilates in a one on one setting as per a clinical situation or also for smaller to larger groups to develop the necessary skills to instruct group classes. Courses are limited entry and are only able to take a maximum of 22 participants.

### **LEVEL ONE**

In our Level 1 course, the Principles of Pilates are described and current research into lumbar spine stabilisation retraining is explored and the basis for Pilates as a tool for rehabilitation explained. Back in Motion have both previous and current staff members involved in Masters Research in this area. In addition to the Pilates Mat exercises the course also discusses marketing issues which may be pertinent to those interested in developing their business to incorporate Pilates.

### **LEVEL TWO**

The Level 2 course progresses and develops further Pilate's exercises and discusses the use of Pilates as a clinical assessment tool. The course also includes specific discussion into pathology specific clinical presentations and conditions including both pre and post-partum, Multiple Sclerosis, young athletes, the aged, chronic low back and neck pain, scoliosis and post operative presentations. The use of the 'Pilates Ring' is also demonstrated.

### **LEVEL THREE**

Level 3 develops your clinical reasoning skills in applying Pilates and discusses case studies and exercise adherence and motivation in the maintenance of exercise as a rehabilitation tool. The Level 3 Pilates exercises are physically challenging and a great deal of time is spent modifying the exercises and discussing prerequisite and building blocks in order to achieve them.

### **CERTIFICATION**

Certification is the recording of hours of learning and teaching and provides quality control in ensuring only trained instructors are claiming competence. Completion of Level 1, 2 & 3 Pilates Mat courses within a 1 year period and a 'Log Book' documenting 70 hours of Clinical Pilates Mat Instruction either in a group or one on one setting ensures that Instructors are to a high standard.

**Pilates is a rewarding form of exercise to both practice and prescribe for the benefit of your clients and as an additional tool for management of patient injuries.**