

PILATES PLUS TRAINING PROGRAMME



COURSE DETAILS

Pilates Plus offers **3 course levels**, each adaptable to the Physiotherapist's individual preferences and requirements.

All courses include detailed exercise sheets (printed and via mobile app); mentorship, observation, modifications, and tips; and bespoke guidance.

PILATES PLUS COURSE 1 (30 HOURS)

On this introductory course, you will learn the following:

- Fundamental reformer, Cadillac, and Wunda chair exercises suitable for both Rehabilitation and Conditioning clients.
- Fundamental mat exercises to train and strengthen specific areas that can be completed at home.
- How to analyse static and dynamic postures and identify the relationship to chronic pain and common conditions.
- How to break down complicated but routine movement patterns (such as a tennis swing) and rebuild with the appropriate musculoskeletal

PILATES PLUS TRAINING PROGRAMME



PILATES PLUS COURSE 2 (15 HOURS)

Upon completion of Course 1 (if applicable), this course is designed to refine your instructor skills through observation in a

- 10 hours as a “client” at a discounted professional package rate
- Observation of Judith in a clinical setting practicing the techniques
- Feedback of 2 new client assessment videos

PILATES PLUS COURSE 3 (TBD)

Advanced analysis of complicated issues including but not limited to Scoliosis, Ante- and Post-Natal, etc.

Course details coming soon.

FOR MORE INFORMATION, CONTACT: