



MULTI-SPECIALITY PHYSICAL HEALTH & WELLNESS CENTRE

EXERCISE 2 HEALTH

WORKSHOP ON CLINICAL PILATES - BENGALURU

On Feb 18th - 19th 2017



PILATES is a unique exercise system that focuses on core muscles training to achieve strength, stability and tone. PILATES helps in improving body alignment and also correct muscular imbalances.

This workshop will focus on integration of Physiotherapy principles and Pilates in conditions related to Spine, Lumbosacral, joint, sacroiliac joint and hip joint etc. The workshop includes discussion on functional anatomy, biomechanics and their importance to assess, diagnose and apply PILATES in rehabilitation protocols.

The Theory and practical sessions contains demonstration of basic Pilates Mat routine useful for Various spinal conditions.

Course fee:
INR 6,500/-
till Jan 31st 2017

The exercises are floor based performed on mat using a variety of props. Learn this unique exercise regime and offer new treatment plans to your clientele.

The course fee includes certificate, course material, lunch and Hi Tea.



Course description:

Clinical Pilates is a series of mat based exercises performed in various body positions which are modified and adapted by physiotherapists in a clinical setting. This two day workshop aims to provide an understanding of Pilates and its Principles in treating cases of chronic low back pain. Pilates exercise routine activates deep postural muscles of the trunk and concentrates on neutral alignment of the spine which is important in managing cases of low back pain. The main focus is given to local stabilizers, global stabilizers and global mobilizers and how Pilates exercises can be an important part of rehabilitation program in a clinical setting. The program also discusses the relation between Posture, Core strength and prevention of Low back pain.

There will be discussion on theory as well as practical demonstration of basic Pilates routine useful for the treatment of Low Back pain. The exercises are floor based performed on mat using a variety of props.

DAY 1

- Discussion on functional anatomy and biomechanics involved in a normal healthy spine and its application.
- Pilates and its Basic principles.
- Application of Principles of Pilates.
- Indications and contraindications of Pilates exercise routine.
- Basic level -1 Pilates exercises are demonstrated and practiced by all the participants.

DAY 2

- Basic level -2 Pilates exercises are demonstrated and practiced by all the participants.
- Posture and its connection with Pilates exercise routine.
- Modification of Pilates exercise routine for different pathologies related to spine.
- Technique of exercise selection and progression.
- Use of props will be demonstrated to assist or to provide more challenge to exercise program.

Who can apply for the course:

- Physiotherapist
- Final year BPT students, Intern & MPT students.

ATTIRE FOR WORKSHOP

Clothing	: Comfortable fitness clothing
Footwear	: Socks
Accessory	: Hand towels

Course fee:

INR 6500/- till Jan 31st 2017,
INR 7000/- till Feb 17th 2017,
INR 8000/- on spot registration
(Only if seats are available)

About the Resource Person:



Dr. Aditi Singh (PT), Co-founder and Managing Partner at REVIVE Multi-speciality Physical Health & Wellness, India.

A Physical Therapist with Masters in Neurology & experience in Physical health care and rehabilitation is also a STOTT PILATES Certified Instructor who was trained and certified in TORONTO, CANADA (The home base of STOTT PILATES).

Her knowledge of functional biomechanics, anatomy, rehabilitation, Pilates and physical assessment has come from the latest in continuing education courses as well as years of experience (clinical as well as academic) from working with clients at all levels and other health care professionals around the country. She is a resource person and guest faculty at many prestigious institutions with keen focus on Fitness and Science of Fitness.

At REVIVE Physical Health and Wellness, India she takes various group, semi-private and private sessions of Pilates throughout the week for fitness enthusiasts. She also takes Clinical Pilates sessions for her patients suffering from back pain, neck pain, postural dysfunctions, arthritis, post fracture stiffness, post surgical muscular weakness and nerve injuries. She has special interest in women's health and has developed many programs combining Physiotherapy and Pilates for antenatal, postnatal, osteoporosis and urinary incontinence- issues specific to women.

Pilates, a new trend in Fitness is one of the recent addition in offering specific exercise regimen concentrated on Core muscle strengthening. Core Strengthening is a key element in training sportsmen and women and Dr. Aditi has been using Pilates to help achieve core strengthening in them.

The use of a holistic approach with evidence based practice for better care and positive outcomes has been an approach receiving positive feedback from clients across various segments, cultures and geographical boundaries.

Dr. Aditi Singh is consummately interested in the science of physical health care and she continues to learn, share, grow and remain a beacon of wellness.



Workshop Venue:

REVIVE Physical Health and Wellness

332, 1st floor, East End Main Road, 38th Cross, Jayanagar 9th Block, Bengaluru 560 069.

For Registration contact Ms. Sheena : 9066785450 / 080 22442079