

STOTT PILATES®

RR2 Peripheral Joint Stabilization: Reformer

STOTT PILATES® developed its Rehabilitation Program specifically for professionals who assess, diagnose, treat, and prescribe exercise for the rehabilitation and/or prevention of injuries, providing them with training to integrate Pilates into their practice.

The RR2 module begins with a review of the biomechanical and stabilization principles learned in RR1, and demonstrates exercises designed to rehabilitate and prevent common injuries by balancing and strengthening muscles around the joints. Emphasis is on core stability and peripheral joint mobility to restore and maintain healthy movement patterns. Typically, courses are conducted over three days

Instructors Learn:

- ▶ Review of the STOTT PILATES Five Basic Principles
- ▶ Identification of proper execution and movement patterns
- ▶ Effective verbal cueing and imagery
- ▶ Clinical problem solving using the STOTT PILATES method
- ▶ A focus on injuries of the shoulder, elbow, wrist, hip, knee and ankle
- ▶ Over 35 exercises plus multiple modifications

Prerequisites:

- ▶ RMR1 or RR1

Requirements of Certification:

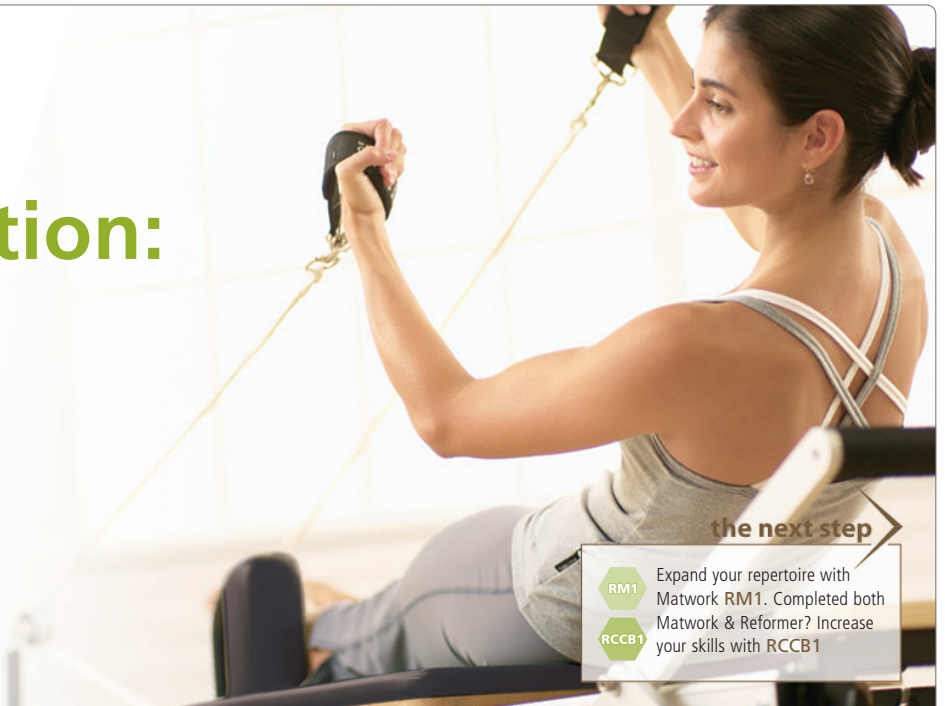
- ▶ 18 hours of instruction and supervised teaching
- ▶ minimum 6 hours observation
- ▶ minimum 10 hours physical review
- ▶ minimum 10 hours practice teaching
- ▶ **Total:** 44 hours

CECs:

- ▶ 1.8 STOTT PILATES

Duration:

- ▶ 18 hours



the next step

RM1

Expand your repertoire with Matwork RM1. Completed both Matwork & Reformer? Increase your skills with RCCB1

RCCB1

Required Course Materials:

- ▶ 1 manual: *RMR2 Support Material*
- ▶ 1 DVD: *Peripheral Joint Stabilization with Reformer & Vertical Frame*

Certification:

There is only a practical component for Rehab Certification. Exams must be taken within six months of completing the last course. Please note there is a fee associated with the exam and all exams are cumulative.

pilatique®
pilates studio

rehabilitation | fitness | performance

Cost for Students

RR2: Peripheral Joint Stabilization, Reformer – 18 hours

cost per person \$1,300

**** If you register for both RR1 and RR2 by 21 July, course fees will be \$2,400**

course materials:

Manual: RMR 2 Support Material (may have already purchased from RM1) - \$240

DVD (1): Peripheral Joint Stabilization with Reformer & Vertical Frame - \$130

CECs: 1.8 STOTT PILATES

Upcoming Training Schedule

28 - 30, August 2015

Friday & Saturday; 1:00pm - 8:00pm,

Sunday; 9:00am - 4:00pm

Courses are limited to 12 participants.

For more information and to register contact

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