

STOTT PILATES®

RM1 Spinal, Pelvic & Scapular Stabilization: Matwork

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 next step

RM2 Interested in expanding your repertoire for rehab applications?
RR1 Try RM2 and RR1.

The RM1 module introduces the instructor to the biomechanical principles of STOTT PILATES® and how they apply to modified Matwork exercises. Light equipment including Balls, Bands and Rollers are used to emphasize lumbo-pelvic and shoulder girdle stabilization and the role they play in rehabilitation and injury prevention. Courses are typically 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 spinal, pelvic and scapular conditions
- ▶ Over 35 exercises plus multiple modifications

Prerequisites:

Applications are accepted from the following licensed or certified professionals only:

- ▶ Physiotherapists/Physical Therapists
- ▶ Occupational Therapists
- ▶ Chiropractors
- ▶ Osteopaths
- ▶ Medical Doctors or Sports Medicine Doctors
- ▶ Any professional with a minimum of two years of full-time study from a certifying/licensing/degree-granting institution in anatomy, physiology, injury prevention or, exercise prescription with clinical experience, and who has been granted the right to assess, diagnose, treat, and prescribe exercise for the rehabilitation and/or prevention of injuries

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

Required Course Materials:

- ▶ 2 manuals: *Comprehensive Matwork*; *RM1 Support Material*
- ▶ 1 DVD: *Back Care Repertoire*
(includes: *Be Kind to Your Spine*; *Pain-Free Posture*; *Standing Tall*)

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

RM1 Spinal, Pelvic & Scapular Stabilization, Matwork – 18 hours

cost per person	\$1,250
course materials	\$390

If you register for both RM1 and RM2 by **6 April**, course fees will be SGD2,200;
If you register for both RM1 and RM2 by **6 May**, course fees will be SGD2,300;

CECs:

1.8 STOTT PILATES

Upcoming Training Schedule

8 - 10, June 2015
Monday to Wednesday; 1:00pm to 7:30pm

Courses are limited to 12 participants.

For more information and to register contact

email : steven@pilatique.com
phone : +65.9862.8281

Pilatique Pilates Studio, Singapore

8 Gemmill Lane, Singapore 069250.
www.pilatique.com.sg | www.facebook.com/pilatique.sg