

Retain your clients beyond short-term recovery with STOTT PILATES®

"I have used STOTT PILATES for therapeutic exercise and neuromuscular re-education interventions in my physical therapy practice since 2003. I can effectively and safely treat a 90-year old with a spinal fusion or an athlete who wants to improve performance and prevent injury."

— **Sara Baker** PT, MS, OCS, Inspire Health

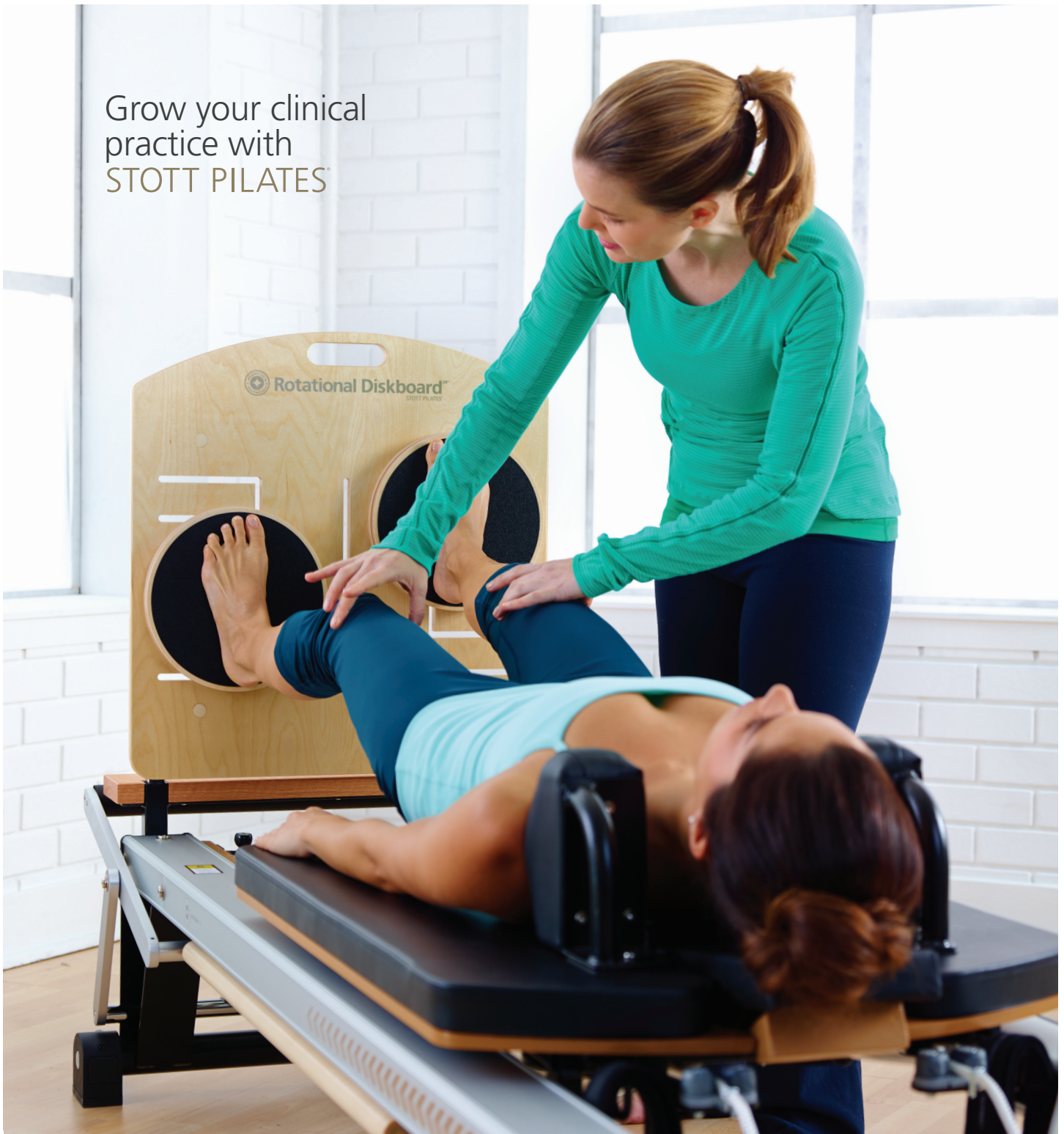


By combining our innovative equipment and training specifically designed for licensed health care professionals, Merrithew Health & Fitness™ can help you integrate modified STOTT PILATES® Matwork and equipment-based exercises into therapeutic and conditioning programs for your clients.

This means you can retain your clients beyond short-term recovery, while generating additional revenue for your practice.



Grow your clinical
practice with
STOTT PILATES®



Lets talk!

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rehabilitation | fitness | performance



What is The STOTT PILATES® approach?

STOTT PILATES is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. After realizing the benefits of the concepts of the original Pilates method, and in collaboration with a team of physical therapists/physiotherapists, sports medicine and exercise professionals, Co-founders Lindsay and Moira Merrithew dissected and re-connected this unique form of exercise into a comprehensive, systematic, contemporary approach to the original teachings.



The Three Phases of Rehab

PHASE 1: Acute Rehab

- ▶ Client with injury or post surgery
- ▶ Work can only be done by a PT
- ▶ 1-on-1 treatment most effective
- ▶ Working primarily on affected area of the body

Work done during this phase is focused primarily on the injured area with low-load, proprioceptive exercises that target the local stabilizers.

Pilates use in this phase:

At this stage low-level, rehabilitative exercises and movement modifications are used that allow the clinician to apply the theoretical knowledge to target the affected area.

PHASE 2: Post-acute/post-Rehab

- ▶ Client has experienced improvement on injury
- ▶ Likely still 1-on-1 treatment
- ▶ More integrative work by PT to deal not only with the injured area, but also on the integrations of the affected joint or part within the entire body

Pilates use in this phase:

At this stage, programming progresses to eccentric control of the injured region with a multitude of movements that incorporate Matwork with light props, as well as the larger, specialized Pilates equipment.

PHASE 3: Ongoing conditioning

- ▶ Strength building, prevention for injury reoccurrence
- ▶ Small group-based and/or 1-on-1 treatment
- ▶ Indefinite length of treatment

Pilates use in this phase:

Pilates programming can provide a maintenance system for your patients/clients. This will ensure they continue to build on the strength and stability that has been gained up until this phase, and ensure that compensatory patterns are caught early and proper biomechanical and neuromuscular patterns are reinforced.

The STOTT PILATES® Rehabilitation Program

The STOTT PILATES Rehabilitation program demonstrates how to integrate modified matwork and equipment based STOTT PILATES exercises appropriately into therapeutic conditioning.

Course Objectives:

- Examine the Therapeutic Foundations of STOTT PILATES and how they integrate with current rehabilitation practices
- Learn how to teach and apply the STOTT PILATES Five Basic Principles
- Explore the choreography, modifications, indications and contraindications for STOTT PILATES rehabilitation exercises for Matwork and Reformer
- Develop the ability to assess proper form for each exercise and how to correct improper execution
- Outline and practice manual and verbal cueing for each exercise
- Consider the integration of STOTT PILATES into clinical scenarios

Who Can Apply:

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

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

Program Courses

Spinal, Pelvis & Scapular Stabilization: Matwork — RM1

This module introduces you 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.

Peripheral Joint Stabilization: Matwork — RM2

Building on the biomechanical and stabilization principles learned in RM1, learn exercises that are designed to prevent and rehabilitate common injuries by balancing and strengthening muscles around the joints in order to restore and maintain healthy movement patterns. Emphasis on core stability while mobilizing the peripheral joints.

Spinal, Pelvis & Scapular Stabilization: Reformer — RR1

This module serves as an introduction to the biomechanical principles of STOTT PILATES and their application to modified exercises on the Reformer. Light equipment is used to focus is on lumbo-pelvic and shoulder girdle stabilization and the role they play in rehabilitation and injury prevention.

Peripheral Joint Stabilization: Reformer — RR2

Review biomechanical and stabilization principles learned in RR1, and learn 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.

Spinal, Pelvic & Scapular Stabilization: Cadillac, Chair & Barrels — RCCB1

Learn the different levels of resistance and support provided by the Cadillac Trapeze Table, Stability Chair™ and Barrels to improve mobilization and stabilization of the lumbo-pelvic region and shoulder girdle, with an emphasis on their roles in injury prevention and rehabilitation.

Peripheral Joint Stabilization: Cadillac, Chair & Barrels — RCCB2

Building on your knowledge from RCCB1, learn how to stabilize the musculo-skeletal structures with a widely varied series of non weight-bearing and weight-bearing exercises on the Cadillac Trapeze Table, Stability Chair and Barrels. This course introduces more intermediate level exercises and return to sport and activity progressions.