

STOTT PILATES®

# RR1 Spinal, Pelvic & Scapular 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 next step

RR2 Continue your study of Reformer for rehab applications with RR2. If you haven't yet studied Matwork try RM1.  
RM1

The RR1 module serves as an introduction to the biomechanical principles of STOTT PILATES® and their application to modified exercises on the Reformer. Focus is on lumbo-pelvic and shoulder girdle stabilization and the role they play in rehabilitation and injury prevention. 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 spinal, pelvic and scapular conditions
- ▶ Over 60 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: *Essential Reformer, 2nd Ed; RMR1 Support Material*
- ▶ 1 DVD: *Spinal, Pelvic & Scapular 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**®

physiotherapy | pilates | education

#### Cost for Students

##### RR1 Spinal, Pelvic & Scapular Stabilization, Reformer – 18 hours

cost per person RM3,500

If you register for both RR1 and RR2, course fees 10% Discount

If you register for RMR1 and RMR2, course fees 15% Discount

#### course materials:

Manual: *Essential Reformer 2nd Ed* – RM500

Manual: *RMR 1 Support Material* (may have already purchased from RM1) – RM800

DVD (1): *Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame* - RM350

\*Prices do not include 6% GST

**CECs:** 1.8 STOTT PILATES

#### Upcoming Training Schedule

Please check website or email to enquiry.my@pilatique.com

Courses are limited to 12 participants.

#### For more information and to register contact

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#### Pilatique Pilates & Physiotherapy Studio

Balanced Workout Sdn Bhd

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