

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

RCCB1

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

physiotherapy | pilates | education

Cost for Students

RR2: Peripheral Joint 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: RMR 2 Support Material (may have already purchased from RM1) – RM750

DVD (1): Peripheral Joint 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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