

STOCKHOLM PILATES CENTER EDUCATION

WORKSHOP FUNCTIONAL PROGRESSION clinical basics

WORKSHOP	DATUM	TID	PRIS
Ankle	fredag 10/2	13:00-19:00	1500kr
Knee	lördag 11/2	10:00-17:00	1800kr
Hip	söndag 12/2	10:00-17:00	1800kr

ANKLE, KNEE and HIP

Many clients have frequent movement disorders, such as ankle sprain, flat foot, knee distortion, hip arthrosis. Rehabilitation is done by physios, but often postrehab phase is missing or incomplete leading to progression or recurrent problems. After surgery, mainly with hip replacements, many questions remain open regarding exercise choices. Better understanding of the clinical –anatomical basics and dynamic assessment will assist you to choose the proper exercise regime. This information will not turn you to a physiotherapist, but will help you to understand the problem, have some idea what has been done and what might missing in re-training concept for proper functioning.

All information carefully selected to be relevant in everyday training with clients and presented interactively with group sections and many practical parts.

An orthopedic and trauma surgeon and a pilates trained, experienced physiotherapist will present the clinical background. Two senior pilates instructor will present the retraining part.

STRUCTURE of ANKLE, KNEE and HIP days

1. Functional anatomy and clinical assessment

Review basic anatomy, understand functionally relevant details. Drawing of skin projection of relevant structures and consider functional role of anatomical structures with skeletons. Reconsider functional anatomy according the new research findings and clinical experience. Basics of usual clinical treatment. Identify critical findings requiring medical or physiotherapy referral.

2. Physiotherapy

Basics of usual physio treatment for different movement disorders. Reconsider the traditional physiotherapy in the light of recent development in research. Fill the gap and provide transition between rehabilitation and training.



3. **Retraining**

How to assess function with certain benchmarks (i.e. where is the client now). How to modify your exercise routine with certain disorders (i.e. what is your goal with exercising). How to re-assess the progress (i.e. how far did you get so far) and modify accordingly.

What will you gain?

- review relevant anatomy and biomechanics
- understand anatomical basic of frequent disorders
- be aware of “red flags”, when to stop training and refer
- understand usual and traditional physiotherapy
- assess what has been done and plan your exercise routine accordingly

Space is limited, book your spot today!

Further information at Stockholm Pilates Center utbildning@pilates-center.se