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THE AUSTRALIAN PHYSIOTHERAPY & PILATES INSTITUTE



Pilates For Scoliosis

In-person Online

Scoliosis is said to affect nearly 5,000 children in the UK and is due to a sideways curvature of the spine that occurs most often during the growth spurt just before puberty.

APPI's specialised Scoliosis programme presents the most recent research relevant to Pilates and teaches a realistic framework of Pilates exercises to apply in the clinical setting.

About the course

Scoliosis can lead to pain and increasing deformity. However, the pain caused by spinal curvature can be managed by a professional Physio through a series of exercises and treatments.

Designed by Glenn Withers, this programme focuses on building expertise in the examination, evaluation, and prognosis of scoliosis, as well as developing effective strategies for planning interventions, re-examination, prevention, and improving outcomes.

The course also delves into evidence-based clinical models, blending the latest research with the core principles and philosophy of Pilates. Participants will gain hands-on experience and insight into tailored interventions designed to support scoliosis management through this innovative approach.

What you'll learn

✓ Review the history of Scoliosis, its incidence and development and how it is now one of the most prevalent issues facing Physiotherapists and Pilates teachers alike.

✓ The difference between congenital and idiopathic scoliosis will be discussed, along with the mix between C-curve and S-curve deformities of the spine and their differing challenges.

✓ Be guided through the APPI's step by step programme of how to deliver a successful in clinic scoliosis session.

✓ Be given a specific home exercise programme.

GET IN TOUCH

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If left untreated, scoliosis can lead to pain and increasing deformity, as well as potential heart and lung damage. However, the pain caused by spinal curvature can be managed by a professional Physio through a series of exercises and treatments.

Course schedule

Morning

✓ Introduction.
✓ Lecture - Pilates and Scoliosis—Development, understanding the curves, the clinic session, the home exercise programme.
✓ Movement session: Exercises for Elongation.
✓ Movement session: Exercises for Breathing.

There will be a break for lunch after the morning session and a further break during the afternoon session.

Afternoon

✓ Movement session: The Standing Stretch. combinations and S– curve practice.
✓ Movement Session: The Strengthening exercises.
✓ Movement session: The Strengthening Exercises. continued.
✓ Movement Session: Stretching and Mobilising.

Eligibility

To be eligible to attend this course you must have completed APPI Matwork Level 1, APPI Matwork Certification (upon completion of contact tutorial hours) or a 2 day or more Pilates Matwork Course from a recognised Pilates Provider.

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