

Foot Specialization Program: FAQ's

Important Dates/ Timeline:

1. 8/20/11 through 1/15/12: Application

ENROLLMENT NOW OPEN! Note there is limited enrollment, which is reviewed on a first –come, first served basis.

2. 2/5/12: Acceptance to program determination notice to applicants
3. 3/5/12 : Contract to declare intent to participate in program (\$600 USD deposit required)
4. 4/29/12: Pre-requisite DVD courses (included in deposit fee) completion and submission for review (all applicable work pages and examination)
5. 4/29/12: Balance of \$1200 total course fee due (\$600 USD)
6. 5/31-6/3/12: 4-day on-site course at Pilates Therapeutics office in Alameda, CA
Issuance of manual and books (included in deposit fee) to contracted participants
7. 8/3/12: Final project paper and video due (included in balance fee paid by 6/20/11)
8. 9/3/12: Reference letter, CE certificate of completion and web listing conferred upon satisfactory completion of: a. DVD course, b. participation of on-site course, c. timely submission of final project paper and video.

Elements of the Program

- Pre-requisite DVD-based Distance Learning: The Pelvic Core, Post-Natal Restoration, The Cavus and Planus Foot (NEW!)
 - The purpose is to arrive at the workshop with background of the Pilates Therapeutic approach and basic fundamentals. These will be mailed upon receipt of deposit fee.
- 4-day intensive on-site workshop (5/31-6/3/2012):
 - Didactic information on lower chain mechanics, foot mechanics, gait, shoe wear and medical background
 - Participatory Movement Sessions to allow instructor self-learning
 - Assessment techniques
 - Treatment in depth in the Pilates paradigm, focusing on motor control and recruitment
 - Interface with public forum
 - Special courses in critical thinking, professionalism, psychosocial clientele interaction
- 3-month follow-up of mentoring learners with individual clients
- Case study video/ paper to account for new comprehensive specialization knowledge
- 26 PMA® CECs, Specialization Certificate of Completion and web listing on Pilates Therapeutics website along with recommendation letter from Dr. Suzanne Martin
- Course Manual, plus 'Stretching' and 'Better Back' books by Dr. Martin included in fees.