

Scoliosis and Asymmetry Management with Pilates: Essentials – Level 1

May: Body Mind Pilates: Grand Rapid Michigan USA

May: Mind Your Body Pilates: New York, NY USA

June: Miami Shores Pilates, Miami, Florida USA

June: Studio 74: Emeryville, California USA

July: Studio Align San Jose, California USA

August: bAlign Studio, KL, Malaysia

December: Epilates, Seoul, Korea

PMA / CaPTA / CA Nurses - 16 CECs

Program Registration Fee: **\$650; \$700** in NYC, Seoul

Optional Manual \$40 and Activ-Wedge® set \$20 available for purchase onsite and through the Pilates Therapeutics website: www.pilatestherapeutics.com

Full payment ensures place in the class

Cancellation Policy: \$200 cancellation fee 6 weeks before class

Contact Hours: A certificate of attendance will be presented to each participant for 16 contact hours

To Register: <https://www.pilatestherapeutics.com/product/scoliosis-asymmetry-management-advanced-qualification-specialization-program-aqsp/>

Level: Intermediate to Advanced

Instructor Ratio: 12 students: 1 instructor

Who Should Attend? ******This workshop is appropriate for fitness instructors, movement educators, therapists (physical and occupational) and nurses**

Course Description:

One to two percent of the population, mostly women, possesses a significant scoliosis, the lateral curvature of the spine.

Using evidence-based sources, learn about the natural causes of asymmetry, studying the differences between normal and abnormal anatomy that define categories, and classifications of scoliosis. Learn how current approaches to pathomechanics and pathophysiology explain the current theories about how scoliosis develops in the skeleton.

Learn how to identify the differences between and the management of functional versus structural scoliosis, and their varying causes. Postural and 4th -dimensional analysis will train your eye to the individual differences each client uniquely owns, their “scolio-cues,” for correctives.

Functional assessment techniques help to direct intervention for the biomechanical implications of curvature not only at the separate spinal curves but throughout the whole body.

Create a profile to not only help you to help your client but to also help the client to better understand their present postures and strategies.

Learn

- Practical functional solutions culminating in a framework of management, focusing on the differences between youth and adults.
- Applications involving fascial interplay, motor control and neurological interventions create a full-body intervention.
- Body Skill techniques to aid centralization of the head over the center of gravity along with other organizational themes such as pelvic foundational principles connecting the lower extremities with the core.

Explore

- How Scolio-Moves® enhance functional mobility.
- How the ankle, the tri-planar talo-crural, joint can impact the curvature creating a balancing effect from below.

Manual treatments will be suggested as well to jump start treatment.

Contraindications and precautions for treatment will be addressed for those with scoliosis in general along with special attention for those with large convexities or spinal fixation hardware.

Course Objectives:

Upon completion of this course participants will be able to:

- 1. Define the presence of bodily asymmetry, its natural causes, skeletal gender differences, scoliosis**
- 2. Identify the major types and physical signs of scoliosis, and history of scoliosis care**
- 3. Better understand the anatomy, abnormal anatomy biomechanics and inner and outer fascial slings affected by asymmetry and scoliosis**

4. Better understand evidence of theories of development of asymmetry, the current theories on the developing spine, including the Neuro-Osseous theory, the Cascade Theory, the V-H Law, and the Vicious Cycle
5. Describe the surgical and NIH type classifications for spinal bracing and other helpful appliances associated with scoliosis care (Scolio-roll)z
6. Better understand the difference between structural and functional scoliosis, and the interplay of muscle, fascia and bone in those with asymmetry and scoliosis
7. Perform a posture screen from several views to assess deviations from the normal gravitational spinal curve, identify superficial anatomical landmarks useful in creating a profile for exercise for a person with scoliosis, and perform the use of an axial trunk rotation screen.
8. Perform 8 functional assessment tests helpful in creating an exercise plan for a person with scoliosis
9. Learn initial foundation exercises and core muscle imbalance correctives
10. Learn the use of Activ-Wedge® applied to neuro-developmental positions in the Pilates Environment
11. Learn Body Skills and Scolio-Moves® to enhance functional training
12. Learn methods of breaking up in-grained patterns through fascial stretching and mobility exercises using props common in Pilates
13. Review sample cases in the Pilates environment for appropriate stages of life: childhood, adolescent, young adult, and older adult
14. Set up a home well-being program for managing the chronic condition of scoliosis
15. Recommendations for and contraindications for those with large convexities and spinal fusions

Spinal Asymmetry and Scoliosis Essentials Bibliography

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Presenter:

Suzanne Martin MA, DPT, PMA®-CPT, CLT specializes in integrative health and wellness. An international expert in the field of human movement and potential, she is an exercise physiologist, doctor of physical therapy, a gold-certified Pilates expert and performing arts specialist. An international presenter, speaker, coach and mentor, she is an award-winning author and video producer. Dr. Martin's aesthetic for movement started in the visual arts and dance.

With over 30 years of teaching experience, she blends art and science into her writing and instruction from the fine arts, health and movement fields. Her mission is to add value to people's lives both directly to the people she treats and to those who help with healing and performance enhancement.

Her passion is to help those with chronic conditions that require lifelong learning and management such as professional and recreational performance, foot issues, spinal asymmetries, and cancer survivorship.

As performing arts specialist, she has been Wellness Consultant for Smuin Ballet for over 20 years. As Founder of Pilates Therapeutics LLC, an educational organization for movement instructors and therapists, her mission is to develop leaders by in-depth training and mentorship. Annual Specialization Mentoring Programs (8th Year!), international host site teaching, and instructional videos (available for CE credit), featuring the therapeutic application of the Pilates Method and nutrition are available worldwide. Recently featured is her latest book from Handspring Publishers titled, Spinal Asymmetry and Scoliosis: Movement and Function Solutions for the Spine, Ribcage and Pelvis. For further information and to see her teaching schedule, go to www.pilatetherapeutics.com.



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