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Pilates (Mat & Ball)

A two-day course

COURSE DESCRIPTION

This course covers the basic history and principles of Pilates. Practical sessions involve the assessment of cervical (deep neck flexor), lumbar (transverses abdominus & multifidus) and scapular stability. This is followed by application of Pilates principles to exercises using mat and ball. We extend the Pilates principles to the Movement Analysis & Training approach, following which there are case discussions to enable application of the skills learnt for various situations.

The course emphasis is mainly on the principles so as to enable each participant to tackle any situation. We do not provide specific treatment options in our course material since any problem can have more than one solution and hence we want to equip the participant with the ability to decide the best treatment option for the patient.

E.g. two patients could have tennis elbow or subacromial impingement but their presentations might be different, thereby warranting different treatment approaches.

OBJECTIVES

Upon completion of this course, participants will be able to:

1. Demonstrate an understanding of the principles of Pilates.
2. Assess cervical, lumbar and scapular stability.
3. Apply adequate reasoning skills to design a Pilates-based rehabilitation program for any individual using mat and ball.

COURSE PROGRAM

DAY ONE	DAY TWO
<p>Theory</p> <ul style="list-style-type: none"> - History & Principles - Lumbo Pelvic Stability - Transverses Abdominus - Deep Neck Flexor Assessment <p>Practical Application</p> <ul style="list-style-type: none"> - Mat Exercises 	<p>Practical Application (Continued)</p> <ul style="list-style-type: none"> - Ball Exercises <p>Theory</p> <ul style="list-style-type: none"> - Movement Analysis & Training Approach - Case Studies - Discussion

PRE-READING

Biomechanics of the spine, anatomy of transverses abdominus, multifidus, deep neck flexors and scapular muscles.

ELIGIBILITY

3rd Year Bachelor of Physiotherapy

NOTE

- It is recommended you wear comfortable and appropriate clothing for practice sessions throughout the course.
- Photography/Video recording during the course is not allowed. If this guideline is not adhered to the person may be asked to leave the premises.