

Have you been frustrated after finding your patients doing mindless repetitions of exercises and ignoring form and alignment? Often, we find our patients using the wrong muscles to cope with pain and/or muscular imbalances. Pilates is an exercise system that helps to integrate mind, body and spirit. One is taught to move with control and concentration, while emphasizing proper form and utilization of the correct musculature while maintaining good body alignment. In addition, breathing is performed with the exercises to activate the core stabilizing muscles while promoting relaxation. The Pilates principles can be applied to many populations that therapists treat on a daily basis, and can be integrated into traditional rehabilitation programs to enhance functional goals. Research has shown that Pilates benefits breast cancer survivors, women with stress incontinence, and fibromyalgia. Lab sessions will be devoted to learning and properly executing the exercises on a phase 1 to phase 3 continuum. Applications will be discussed for women's health issues which can be used for many of the populations we treat.

Learning Outcomes

- Describe the Pilates principles and movement principles and application to rehabilitation.
- Discuss proper alignment and form when performing Pilates.
- Identify the relevant anatomy involved in traditional Pilates exercises and their function.
- Describe a 3 phase program of Pilates and how to progress patients through each phase.
- Describe things to be mindful of when doing Pilates with patients.
- Demonstrate to peer, basic execution of three exercises from each phase with necessary modifications.
- Discuss the latest evidence for integrating Pilates into your rehabilitation program.
- Describe a postural analysis that can be used in order to identify postural concerns of patients which effect function.

Workshop attire and what to bring:

Please wear comfortable clothing and be prepared to move. You will need a mat, towel for your head, and a 1 lb. weight.

Agenda

Day One

- 7:30 am Registration
- 8:00 am Mat Pilates class
- 8:45 am Pilates principles, anatomy, movement principles, things to be mindful of
- 10:00 am Pre-Pilates lab Phase 1
- 10:45 am Break
- 11:00 am Application to Stress Incontinence
- 12:00 pm Lunch on your own
- 1:00 pm Application to Osteoporosis
- 2:15 pm Standing Pilates
- 2:30 pm Phase 2-Partner Practice
- 3:30 pm Break
- 3:45 pm Phase 3-Partner Practice
- 4:15 pm Questions/Case Study Take Home
- 4:30 pm Adjourn

Day Two

- 8:00 am Pilates Mat Class
- 8:45 am Seated Pilates
- 9:00 am Application to Breast Cancer
- 10:15 am Break
- 10:30 am Postural Assessment Lab
- 11:30 am Case Study Discussion
- 12:00 pm Questions/Wrap up
- 12:30 pm Adjourn

Location: Continuing Education Plankinton Building
7th Floor, 161 West Wisconsin Avenue
Milwaukee, WI 53203

Fee: \$305.00

CEU: 1.175

Level: Introductory/Intermediate

Target Audience: OTs, OTAs, PTs, and PTAs, Athletic Trainers, Pilates instructors and nurses

Content Focus:

Domain of OT: Areas of Occupation

Occupational Therapy Process: Intervention

Occupational Therapy Process: Evaluation



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Naomi Aaronson, MA, OTR/L, CHT, CPI, is a nationally known presenter and author. She has presented for Integrated Rehabilitation and Fitness, Brick Bodies, the Cotting Connection MEDS-PDN, IDEA Fitness Fusion and to graduate occupational therapy students. As co-author of the distance courses: Return to Life: Breast Cancer Recovery Using Pilates, Breast Cancer Recovery: On Land and in Water, and the Breast Cancer Recovery Exercise program., Naomi seeks to educate both survivors and health professionals throughout the world about the importance of rehabilitation in recovery. Her writing has been featured in the ADVANCE, Women and Cancer, IDEA Journal, and throughout the web. Her motto is "take back your body and improve your physical and mental health." Naomi has used the Pilates principles to successfully treat a variety of conditions.

Ann Marie Turo, OTR/L, is an Occupational Therapist and owner of Integrated Mind & Body, LLC. She has devoted her 30 year professional career to helping her clients and patients lead more healthy and productive lives. Her experiences as an OT, fitness trainer, and breast cancer survivor convinced her how integral emotional and spiritual well being is for healing. This led her to earn certifications in Yoga, Pilates, Tai chi, and Reiki. The integration of these approaches empowers Ann Marie to incorporate a holistic health and wellness program tailored to meet the individual needs and goals of her patients and clients.

In addition, Ann Marie is co-owner of Integrated Rehab and Fitness, an organization that provides educational seminars for health and fitness professionals. She has co-authored the "CD-Return to Life: Breast Cancer Recovery Using Pilates". Ann Marie has been a presenter for MAOT, MEDS-PDN, MedStar Health, the Greater Boston Knitting Guild, City Year of Boston, Thrive Together, Salem State University and a visiting instructor for F. Holland Day Foundation-A Healing Center for People with Cancer.