Rehab Pilates

Your gateway to integrating Pilates into your treatments as an Allied Health Professional

Studio Pilates® Rehab training is ideal for Physios, Chiros, Massage Therapists, OT’s, Exercise Physiologists and more

Course curriculum designed by Physiotherapists

Discover Australia’s leading Pilates training

Pilates Matwork and reformer included

Modular training makes it simple

Improve therapy outcomes

To book a course call 07 3899 4555 or 0488 014 618, email education@studiopilates.com or visit studiopilates.com
Studio Pilates® Rehab Level 1 Course Outline

At Studio Pilates International® we offer all Allied Health Professionals and Rehabilitation specialists the opportunity to increase your skills and your employability by adding Studio Pilates® to your treatment repertoire. This course is designed by Physiotherapists as an aid to help improve therapy outcomes in both outpatient and inpatient settings. You will learn in a practical way that gets you plenty of practice performing the exercises and experience teaching clients so that you can apply what you’ve learnt straight away.

In this three day course, you will learn the basic theories and principles of Pilates, along with a series of exercises on both the Mat and Reformer. Modifications for different strength and injury levels are given to cater for those with movement restrictions. This course will enable you to take patients through a program for rehabilitative and fitness purposes, covering issues such as programming for specific injuries, systemic pathologies and pregnancy. The curriculum includes pre course study through our Online Training Centre, as well as the practical three day course. Please note that you will need to be a registered Allied Health Professional to be able to participate.

The Rehab Level 1 course consists of two elements:

1. A pre-course study component (approximately 30 hours of study)

This home study is completed in your own time and before coming into the course via studying the course manuals, doing the workout DVD and watching the video tutorials in the Online Training Centre. This part of the course includes:

- Doing the Studio Pilates Workout DVD 20 times to practice – approximately 10 hours
- Watching the videos in the Online Training Centre and reading over the course manuals – approximately 14 hours

2. A 3 day practical face-to-face workshop

After completing the required study, there is a 3 day practical face-to-face workshop in which you can revise all of the material you have learned. This also gives you the chance to practice and refine your instructing skills and receive help and support from your instructor trainer.

Face to face practical course outline:

Day 1: Basics of Pilates and Pilates Matwork repertoire

- Theories behind Pilates and the latest research regarding stability
- Pelvic and postural assessment
- Assessment and activation of: TA, pelvic floor, obliques, multifidus, quadratus femoris, glut medius, glut max, glut min, iliacus, lower trapezis, serratus anterior, lower traps, deep neck flexors and rotator cuff
- How to effectively communicate and instruct exercises to clients
- Straight into Pilates matwork repertoire and practice teaching

Day 2: Pilates matwork and reformer repertoire

- Learning more matwork repertoire and reformer exercises
- Modifications of the exercises to accommodate for different fitness levels
- Practice cueing and teaching the exercises, making corrections to technique

Day 3: More teaching practice and programming

- Learning more exercises, revision of Pilates repertoire and practice teaching
- Programming for injury rehab, fitness orientated clients and small group sessions
- Practice programming and teaching a whole session of Pilates exercises
- Practical exams to ensure your ability to start teaching Pilates

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So why choose our courses?

Practical and Hands on Course Work

The Studio Pilates® instructor courses are both practical and hands on. You will practice teaching the exercises extensively in both one on one and class settings. This practical training makes you a more confident instructor at the end of the day.

Physiotherapy Based Learning

Many Pilates instructor courses do not go through the specific rehabilitation exercises. Our courses cover injury management and rehabilitation in detail. Our courses have been created by physiotherapists and are physio based, but with the traditional Pilates exercises. As a result, you learn the modern science behind the traditional exercises. We also teach you how to challenge your clients. We have courses specifically tailored for both the clinical setting and the fitness industry so you can be sure your clients receive great results.

Studio Pilates® Cueing Formula

The hardest thing about becoming an instructor is not learning the exercises, but learning how to teach them. Our courses focus on ensuring you are confident to instruct each exercise – we focus on teaching you how to teach! We have developed our own cueing formula to help you to teach the exercises effectively and clearly.

Interactive Learning Environment

In your course, you will be able to ask as many questions as you like. The format is interactive, rather than a lecture. The course combines formal learning but it is delivered in an informal manner. Our courses have a great group format and dynamic – both the instructor trainers and course participants are there to help each other and learn.

Our courses are not just about the exercises, they also deal with the body – posture, core stability, correct activation of core muscles based on the latest research, pregnancy, sample programs that you can use, injury management and programming.

Online Learning makes it Easy

With many of our courses, you receive access to our Online Training Centre. This contains videos on the entire course content – so you can learn it before you come along to the course. This means that when you attend the course, you can focus more on how to instruct well rather experiencing all the exercises for the first time. You can also use the online training centre for your ongoing study - maximising you learning before and after the course!

Small Class Sizes

Our classes are kept small to ensure your maximum learning. You have the opportunity to practise your instructing on a range of different and diverse bodies.

No Logging of Practical Instruction Hours

The Studio Pilates® courses do not require you to log any practical instruction hours. Everything you need to learn will be taught through the online training centre and during your course.

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Modular Courses

Our courses are modular, which means that you can just do one course if you like. You are not locked in to doing a whole package of courses. This means that you can teach the exercises that you have learnt straight away after you finish the course.

Stress Free Examination

The examination process is easy and not stressful or scary. We ensure you have all the knowledge to complete your examination before you take it.

Ongoing Career Opportunities and Support

We offer ongoing support to all of our instructors. We also provide job support through advertising job vacancies and sending out job alerts. We also offer a number of career opportunities – become a Licensed Instructor to teach Studio Pilates® classes in a Licensed gym setting or own your own Studio Pilates® franchise!

Get your free Pilates® DVD

Download your free Studio Pilates® DVD so you can see some for yourself what the Studio Pilates® style of instructing is like.

Simply visit our online store and select Pilates DVD downloads, select the Back to Basics workout and enter the discount code ‘promofreeb’ when checking out.

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