

Peripheral Stability and Mobility on the Pilates Reformer II: Upper Quarter

Course Description

This course is designed for licensed health care professionals, including occupational therapists and assistants, physical therapists and assistants, and athletic trainers wishing to integrate modified Pilates reformer exercises for the treatment of lower quarter dysfunction. Learning methods will include lecture and lab. During the lecture portion, participants will be made aware of bio-mechanical principles and how they work together to make movements more effective and safer. We will discuss the functional muscle classification system and how to use it to guide our exercise and cueing choices. General exercise guidelines for various dysfunctions of the scapula, shoulder, elbow and wrist will be reviewed and resources for further study will be provided.

The lab portion will include instruction, observation and physical practice of several patterns using the Pilates reformer. Students are encouraged to physically participate in the practice portion during lab for optimal learning.

Participants will be instructed in therapeutic exercises, neuromuscular re-education and therapeutic activity interventions, including modifications for regression or progression and the use of props to enhance learning, patient performance and desired outcomes for the upper quadrant patient population.

Julie C. Hensley, PTA, Certified STOTT Pilates's Instructor is a licensed Physical Therapist Assistant (PTA) and has practiced in outpatient orthopedics and sports medicine since 1998. She has training in movement impairments, joint and muscle release techniques, pain neuroscience education, functional movement screening, aquatic therapy, and Delay the Disease treatment for People with Parkinson's.

Julie is currently certified as a Level 1 STOTT PILATES Instructor for Matwork, Reformer, Cadillac, Chair and Barrels. Julie has completed advanced level training for Matwork, Reformer, Cadillac, Chair and Barrels. This training, in addition to having completed the Injuries and Special Populations course, makes her eligible for the Full STOTT PILATES certification. She is preparing to take this exam later this year.

Course Schedule:

8:00AM-8:15AM: A Reintroduction to Biomechanical Principles

8:15AM-8:30AM Functional muscle classification - three level system; the what, the why and the how

8:30AM-8:40AM General exercise guidelines for dysfunctions of the scapula, shoulder, elbow and wrist

8:40AM-10:00AM Lab: Effective use of the Pilates Reformer including modifications for regression or progression and the use of props to enhance learning, patient performance and desired outcomes for treatment of the upper quarter.

10:00AM-10:15AM Break

10:15AM-11:55AM Continue Lab - Effective use of the Pilates Reformer including modifications for regression or progression and the use of props to enhance learning, patient performance and desired outcomes for treatment of the upper quarter.

11:55AM-12:10PM: Choosing the Correct CPT Code when using the Pilates Reformer

12:10PM-12:15PM Question and Answer Session

Program Fees and Registration: This educational event is being offered to Premier Health employees for \$50.

Registration includes course materials, instruction, CEU credit, and facility rental fees. Registration space is limited to 18 participants and reservations must be received by May 16, 2024. For cancellations, please email Qasim (qarizvi@premierhealth.com). Cancellation policy for this course: 2 weeks prior then 100% refund, refunds for cancellations within 2 weeks are reviewed on a case-by-case basis.

Registration: Via this link: [Peripheral Stability and Mobility on the Pilates Reformer II: Upper Quarter - WSU Boonshoft School of Medicine & Premier Health CME Alliance - Continuing Education \(CE\) - Peripheral Stability and Mobility on the Pilates Reformer II: Upper Quarter](#)

Directions and Parking The course will be held at Over Fifty Fitness 5575 Far Hills Ave. Dayton, OH 45429. Parking will be out front.

Continuing Education Units: This course is pending for 4 CEU hours through the OPTA and OOTA for PT, PTAs, OT, OTAs. Pending approval for ATs through the Athletic Training Board.