The Australian Physiotherapy and Pilates Institute (APPI) is firmly established as the leading force in the delivery of safe and effective Pilates teacher training for the allied health industry. The next level in your training program is now here in the United States for the first time. This course will focus solely on group teaching, and empower you to begin the journey from clinician to your own group Pilates instruction. In this course you will learn the unique approach to teaching APPI Pilates to a group based on pain, pathology, and function missing from Pilates teaching. You will learn the diverse warm-up and cool down movements often missing from Pilates teaching. You will also learn the vital aspects of class planning, warm-ups, cool downs, and how to design population-specific classes. The APPI training series consists of three 2-day courses — MW1: The Foundation, MW2: Class Instruction, MW3: Intermediate and Advanced. Attend this 2-day course to get the foundation necessary to incorporate Pilates into your therapeutic practice.
The APPI matwork training series consists of three 2-day courses—MW1: The Foundation; MW2: Class Instruction; MW3: Intermediate and Advanced. Attend this 2-day course to get the foundation necessary to incorporate Pilates into your therapeutic practice.

Introducing APPI Pilates for Rehabilitation:

Matwork Level 2 class instruction

Using the APPI Pilates Method in Rehabilitation

One of the world’s most popular Pilates training programs is finally here in the USA. APPI Pilates teaches you a fully integrated Matwork Pilates program that can be used in any clinical setting, without the need for specialized equipment. This highly popular matwork training series, currently run throughout Australia and Europe, is dedicated to detailed and accurate Pilates teaching.

Based on the most up to date evidence of spinal stability, pelvic stability, strength and conditioning, and pain—this is the essential Pilates training tool for all health professionals. The APPI has analyzed all 34 traditional Matwork exercises, and broken them down into a step-by-step guide from day 1 Pain, right through to elite level sport. Most importantly, every stage has a clinical reason as to why you would choose that exercise for your client. Research has shown that specific retraining of the deep abdominal muscles reduces the recurrence rate of low back pain. Evidence from Hides (2003), Hodges (2006, 2008, 2009), Mosely (2006), Jull (2004), and many more have shown us the relevance of motor control theories and their clinical use. Combining this knowledge with that of the Global Sling theories, Andry Vleeming, Dianne Lee and others have led to the APPI Pilates Method being the most scientifically sound of all the Pilates training in the world today. For more information on APPI and their courses, or to order products from APPI, visit www.CrossCountryEducation.com.

Course Directors

GLENN WITHERS, BPhysio, MAPA, MCSP, MOCPPP, Cert. Pilates, MAPP, the founder of APPI, graduated from Latrobe University School of Physiotherapy in 1998 and began work in private practice the following year. Glenn worked alongside Australia’s leading sports Physiotherapists within an elite development program at some of Australia’s premier Sports Medicine Centres. He soon discovered the key link between muscle imbalance and Pilates and was awarded a postgraduate scholarship for international study in Pilates. Seeing a great exercise technique, but one that lacked the structure and evidence for use in clinical practice, he teamed up with fellow physiotherapist Elisa Stanko to bring about an evidence base for Pilates use in the clinical setting. Glenn and Elisa then spent four months modifying traditional Pilates to reflect current research findings and their implications for rehabilitation. The result of this was the foundation of the APPI Method, and the APPI as a leading Institute in rehabilitation based Pilates. Over the last 10 years, Glenn has taken the APPI Method to many areas, including the NHS, the military, premier league football clubs such as Manchester United, Arsenal, Tottenham, Charlton Athletic and Chelsea, the British Bobsleigh Team at world class competitions, and is now a regular contributor to media and industry publications.

MELANIE BRYANT, BPhysio, Cert. Pilates, graduated in Johannesburg, South Africa in 2000 and moved to the UK the following year. She has worked in the private sector ever since in both the hospital setting and private practice. Her main areas of interest lie in Sports Physiotherapy and Spinal rehabilitation, and she enjoys treating the ante- and postnatal population. She worked at Esher Rugby club for four years and is the head Physiotherapist for the England Touch Rugby squad. She has been using the APPI Pilates method since 2004 within her clinical practice as an adjunct to treatment. She is an AACP registered acupuncturist and currently manages the Wimbledon branch of Pilates Art Physiotherapy.

**One or both speakers will be presenting at each seminar date.

What You Should Bring

- An exercise mat
- A towel
- Loose, comfortable clothing as there is a large practical component
- Water
- Your MW1 manual

www.CrossCountryEducation.com
DAY ONE

What You Will Learn

- Discuss issues involved in establishing your Pilates program within your work setting
- Examine important areas such as assessment, inclusion criteria, outcome measures, advertising, and insurance
- Learn a new repertoire of warm-up and cool down exercises
- Review Matwork Level 1 exercises

COURSE CONTENT

PILATES CLASS PLANNING
- The APPI Code of Conduct for class instruction
- How to set up your class for optimal learning and instruction
- The best inclusion criteria for pathology based classes
- How to structure drop in vs. structured programs
- Analyze clinical proven methods of outcome measurement for your class success

PILATES CLASS SET UP
- How to orientate your class
- What you need to run a successful class
- The legalities of using music
- What to wear in your classes
- The APPI Pilates teaching script

WARM-UPS AND COOL DOWNS
- The Scapulo-thoracic exercises
- Standing exercises for the upper and lower body
- Exercises for spinal mobility
- The rolling series for spinal mobility

REVIEW MATWORK LEVEL 1 EXERCISES
- A review of your MW1 exercises
- Teaching feedback of your MW1 exercises
- Using your MW1 exercises in class design

DAY TWO

What You Will Learn

- Discuss how to use small equipment to enhance your class experience
- Identify how to design the class into 3 sections: warm-up, body, cool down
- Examine how to design population-specific classes
- Discover how to teach to a group setting

COURSE CONTENT

INTRODUCTION TO SMALL EQUIPMENT WORKSHOP
- Using the foam roller in classes
- Incorporating the Swiss Ball into classes
- Incorporating Therband into classes
- Using the Ova Ball in classes

CLASS PLANNING WORKSHOP
- Learn the intricacies of successful class planning in group settings
- Plan target specific group classes

PILATES CLASS STRUCTURE
- How to align your class
- Optimal numbers in your classes
- What constitutes your warm-up, body of the class, and the cool down

PILATES CLASS TEACHING
- Practice your teaching of the previous designed classes
- Gain feedback on your teaching
- Practice the technique of “mirroring” to optimize your class experience

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It’s your CE

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Great class—I’ve been doing it wrong for years!

Kathryn N., PT, Baltimore, MD

The best physical therapy/Pilates course I’ve taken—and I have taken many as I have been teaching Pilates a long time. Great instruction of teaching techniques, explanation of clinical relevance, and evidence based application.

Leah F., Physical Therapist
Baltimore, MD
Who Should Attend
- Physical Therapists
- Physical Therapist Assistants
- Athletic Trainers
- Exercise Physiologists
- Certified Strength and Conditioning Specialists
- Personal Trainers
- Certified Pilates Instructors
- Occupational Therapists
- Occupational Therapy Assistants

APPI MATWORK SERIES
DVD TRIPLE PACK

by APPI

From beginner to advanced, Cross Country Education offers the full APPI Matwork repertoire on DVD. Available individually and as a complete set.

item # 3935

www.CrossCountryEducation.com

Confirmations & Cancellations
Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration. Cancellations received at least five working days before the event are refundable less a $20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

Dates & Locations
Baltimore - November 2 & 3, 2013
DoubleTree Inn Colonnade
4 W University Pkwy, Baltimore, MD 21218 410-235-5400

Course Hours
Registration begins at 7:30 a.m. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Who Should Attend
- Physical Therapists
- Physical Therapist Assistants
- Athletic Trainers
- Exercise Physiologists
- Certified Strength and Conditioning Specialists
- Personal Trainers
- Certified Pilates Instructors
- Occupational Therapists
- Occupational Therapy Assistants

Continuing Education Credit

Physical Therapists: This program has been approved by the Pennsylvania State Board of Physical Therapy for a total of 12 contact hours of which 0 hours have been approved for Direct Access. PA Board Approval #PTCE004467. This program has been approved for 12 continuing education credits by the New Jersey Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants (Approval # 831-2012). This program has been approved for 12 continuing education credits by the District of Columbia Board of Physical Therapy for Physical Therapists. This course has been approved by the Maryland State Board of Physical Therapy Examiners for 1.2 CEUs. You will be issued a CEU certificate upon completion of the course. A record of CEUs earned will be retained by the sponsor. The Maryland Board of Physical Therapy does not award CEUs for fractions of an hour per COMAR 10.38.08.02(B)(2)(ii). This program has been approved by the West Virginia Board of Physical Therapy for 12 Continuing Education hours (Approval #CEC-F13-37). Approval of this course does not necessarily imply that the WV Board of Physical Therapy supports the views of the presenter or sponsor.

Athletic Trainers: Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider #P3097 12 CEUs will be awarded.

Occupational Therapists, Occupational Therapy Assistants: Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for 1.2 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.

Certified Strength and Conditioning Specialists/Personal Trainers: This program is pending CEU approval by the NSCA Certification for pre-approval of 1.2 CEUs.

Exercise Physiologists: The American College of Sports Medicine’s Professional Education Committee certifies that Cross Country Education meets the criteria for official ACSM Approved Provider Status from (2013-December 31, 2015). Providership # 650699. This Continuing Education offering meets the criteria for 12 credit hours of ACSM Continuing Education Credit.

Other professions: This educational offering qualifies for 12 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/ associations for a full day’s attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

Our Guarantee
Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, professionals, and key personnel through our seminars, conferences, and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our live seminars or webinars, or purchase an audio, video, or online product, and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.