



Pilates on Tour Rehabilitation Summit goes Virtual!

This edition of the Best of Pilates on Tour focuses on Pilates applications in rehabilitation and pregnancy. Evidence based workshops on movement strategies for improving common orthopedic conditions are featured along with a Sunday track focused on Pilates for pre- and post-natal women. Every April for the last decade we have been in Phoenix, Arizona enjoying the sunshine and learning from the leading physical therapists and Pilates practitioners in the field. This year we will be home, enjoying our families and learning from the best.

DAY ONE SATURDAY, APRIL 17 2021

7:00 AM PT | VIRTUAL DOORS OPEN

7:30 AM - 8:00 AM PT | OPENING REMARKS

8:00 AM - 9:00 AM PT | WORKOUTS

Mat Class: Pilates for Breast Cancer

Joy Puleo | MA, NCPT, ACSM, BALANCED BODY MASTER INSTRUCTOR

Move through a dynamic workout using the mat and small equipment designed to improve mobility, balance and strength in the upper body for breast cancer survivors.

Reformer Class: Reformer Sling Integration

Meghan Bubnis | DPT, PT, NCPT, BALANCED BODY MASTER INSTRUCTOR

Join Meghan for a flowing Reformer workout moving beyond the sagittal plane. Experience how the myofascial slings connect the upper body through the core to the lower body. Feel what it means to truly integrate the core!
Equipment: 5ft piece of blue TheraBand (or similar), Reformer Sitting Box, small Pilates ball (6-9" diameter)

9:15 AM - 11:45 AM PT | TRACK 1 | WORKSHOP 1A

Exploring the Spontaneous Activation of the Pelvic Floor, Abdominal Wall and Diaphragm

Brent Anderson | PHD, PT, OCS, NCPT

This workshop will focus on recent case studies regarding intentional cueing of the pelvic floor, mechanical displacement with breath, and spontaneous organization through proper alignment. Participants will be involved in discussion of ways to better cue and facilitate spontaneous organization of the pelvis and trunk. Anderson will use RTUS (Real Time Ultrasound) with participants to demonstrate if you are like 45% of the Pilates teachers, we've studied who think they are lifting their pelvic floor, when they are pushing it down. Be part of this exciting research and discover how good alignment and proper load can be the best cueing available for spontaneous organization of the lumbo-pelvic and trunk neuro-muscular-fascial systems (NMFS).

Equipment: Oov • Appropriate for: All instructors • Physical intensity: Light

▶ **REGISTER NOW!**

bbu.pilates.com/gamma/Registration/bbu-RegistrationPOT2.aspx



9:15 AM - 11:45 AM PT | TRACK 2 | WORKSHOP 1B

Hip Replacements and Pilates: Taking your Client from Pre-Surgery to Post-Rehabilitation to Fitness

Beth Kaplanek | RN, BSN, NCPT

Learn how and why Pilates is the best form of low impact movement that will restore range of motion and complete function for your clients with a hip replacement. As a practitioner of Pilates you could have up to 2 or 3 clients in your weekly schedule with a lower extremity joint replacement. A recent prevalence study released by the Mayo Clinic revealed that up to 7.5 Million Americans are living with a Hip or Knee Replacement. That is 1.5 times more individual's living with a hip or knee replacement than heart failure in the US. Total Hip Arthroplasty (THA) has now become so successful that it has been referred to as "the operation of the century" and is the main surgical procedure in orthopedics. If this trend continues, it is estimated that by the year 2030 we will see up to 1 million hip replacements and 3 million knee replacements conducted annually and most of these replacements are due to Osteoarthritis. A current review of the literature is revealing the importance of pre-habilitation and the importance of continuing targeted movement to increase ROM, flexibility and strength beyond physical therapy especially the during the first-year post-operative. Pre-Pilates and Pilates Movements on the mat and equipment are ideal for rehabilitation to fitness and offer progressions and modifications for successfully advancing a client through each stage of pre and post recovery. We will review the anatomy of a hip replacement compared to the normal hip anatomy. Followed by applying best practices in utilizing the Pilates environment to work with the pre- and post-operative needs of the hip replacement client while staying within the scope of your practice.

Equipment: Reformer and Tower • Appropriate for: Instructors familiar with the Reformer and Tower

Physical intensity: Light to Moderate

11:45 AM - 12:45 PM PT | THEMED BREAKOUT ROOMS

3 rooms | Topics and Presenters TBD

12:45 PM - 3:15 PM PT | TRACK 1 | WORKSHOP 2A

Hip or Back?

Christine Romani-Ruby | D.ED., MPT, PT, ATC, NCPT

Did you know that 30-40% of hip pain originates in the lower back? Did you know that a stiff hip complex may be lower back related? As always who came first, the chicken or the egg? In this workshop we will identify the vital relationship between the hip joints and the lower spine. Then we will apply exercises on the Pilates apparatus and mat work to create a better relationship between these two key areas for efficient functional movement.

Equipment: Presented in a full studio: Reformer, Trap Table, Mat, Chair • Appropriate for: All instructors

Physical intensity: Light to Moderate

12:45 PM - 3:15 PM PT | TRACK 2 | WORKSHOP 2B

Programming for Foot and Ankle Injuries

Matt McCulloch | NCPT, GYROKINESIS®, GYROTONIC®

Travis Gerrald | DPT

The foot and ankle are two of the most evolved anatomical structures. So why do we abuse them so often? Losing contact with our foundation impacts many things from balance and proprioception to essential functional movements like walking and running. Join Travis Gerrald and Kinected studio director

▶ REGISTER NOW!

bbu.pilates.com/gamma/Registration/bbu-RegistrationPOT2.aspx



Matt McCulloch as they teach assessment techniques for the foot and ankle with or without Pilates equipment, how to rectify poor biomechanics and discuss Pilates based programming for common pathologies including plantar fasciitis and ankle sprains.

Equipment: Reformer (with jumpboard) Tower, Chair • Props: Theraband, small trigger point ball, yoga block • Appropriate for: Instructors specializing in injuries. Physical intensity: Moderate

3:30 PM - 6:00 PM PT | TRACK 1 | WORKSHOP 3A

A Movement Science Approach to Preventing and Restoring Shoulder Dysfunction

Dr. Diedra Manns | DPT, MS, COMT, NCPT

This dynamic workshop features an integrative approach that draws from the leading philosophies in movement science. Demonstrations and pre-workshop activities will be used to identify the essential anatomy and biomechanics of the shoulder. A brief postural and movement screen will help you recognize muscle imbalances that can lead to painful conditions such as rotator cuff impingement syndrome. Participants will be introduced to exercises from the world of movement science that can be applied in a Pilates setting to help you improve the mobility, stability, and function of the shoulder complex.

Equipment: Mat with small props (balls, bands, and foam roller) • Appropriate for: Licensed or Certified Movement Professionals, NCPT's, and comprehensively trained Pilates Instructors
Physical intensity: Moderate

3:30 PM - 6:00 PM PT | TRACK 2 | WORKSHOP 3B

Thoracolumbar Fascia: "The Second Brain of Movement"

Shari Berkowitz | MS, NCPT

Fascia has been a major topic in movement and movement education for the past several years, but are you aware of the central role the Thoracolumbar Fascia plays? Through my years of research and applying research to movement, the Thoracolumbar Fascia has proven to be what I call "The Second Brain of Movement". In the effort to develop balance and efficiency in the myofascial/musculoskeletal system, accessing the Thoracolumbar Fascia is key to unlocking dysfunction and returning balance to the whole body. Learn how to address the Thoracolumbar Fascia with the Pilates exercises you already know. These techniques can make your teaching 100% more effective and help you create fantastic change for your clients.

Equipment: Mat and two massage balls (if available) • Appropriate for: All instructors
Physical intensity: Light to Moderate

6:00 PM - 6:30 PM

Gratitude Celebration!

With change comes opportunity and this past year has certainly brought some changes. If you have a good story about the unexpected silver lining in this pandemic year, put it in the chat or send it to us to share with the community. You bring a tasty beverage; we'll bring the raffle prizes and together we'll celebrate the good work we do to bring light to the world.



▶ REGISTER NOW!

bbu.pilates.com/gamma/Registration/bbu-RegistrationPOT2.aspx



7:00 AM PT | VIRTUAL DOORS OPEN

7:30 AM - 8:00 AM PT | OPENING REMARKS

8:00 AM - 9:00 AM PT | WORKOUTS

Mat Class: Mat for Clients with Persistent Pain

Lindy Royer | PT, NCPT, BALANCED BODY MASTER INSTRUCTOR

Spend an enlightening mat class with Lindy focusing on techniques to calm the nervous system and find safe movement patterns for you and your clients. Through specific cueing and movement exploration, Lindy will provide an opportunity to tune in and truly work from the inside out.

Reformer Class: The Neutral Reformer

Nora St. John | MS, NCPT, BALANCED BODY MASTER INSTRUCTOR

A neutral lumbopelvic position is often recommended during certain phases of a patient's rehabilitation and recovery. Learn how to challenge the core, rotational stability and side to side imbalances while maintaining the stability of the lower back and pelvis.

9:15 AM - 11:45 AM PT | TRACK 1 | WORKSHOP 4A

Teaching for Maximum Results

Karen Sanzo | MS, PT, NCPT, BALANCED BODY MASTER INSTRUCTOR

Combining concepts from motor control and learning theory, Karen will take you through common mat exercises with a goal towards improving client outcomes. Learning movement and improving movement patterns takes more than repetition, it takes excellent instruction, appropriate verbal, tactile or kinesthetic feedback and conscious practice on the part of the student. Increase your understanding of the relationship between motor control, motor planning and Pilates principles as applied to teaching core control in this hands-on workshop. The goals of this workshop are to help you understand the Pilates principles, identify the stages of motor control and apply Pilates mat fundamentals as an effective treatment modality for core activation and control. This interactive course will enhance your work as a teacher and learner.

Equipment: Mat • Appropriate for: All Instructors • Physical intensity: Moderate

9:15 AM - 11:45 AM PT | TRACK 2 | WORKSHOP 4B

Diastasis Recti-fied

Katrina Foe | NCPT, FNTPT, RWP, BALANCED BODY MASTER INSTRUCTOR

Ever wonder why some pregnant clients get a Diastasis Recti and others don't? Most Diastasis Recti programs simply focus on avoiding flexion. We will go much deeper and look at the forces that come together to disrupt the normal dynamics in the abdominal cavity to cause this condition. We will discuss how to identify it, how to help prevent it and how to help close it. Every client is a unique individual and needs this work tailored to their specific body – which you can do using your Pilates skills! Katrina's real-life experience coupled with practical studio application makes this a don't miss workshop!

Equipment: None • Appropriate for: All instructors • Physical intensity: Light to Moderate

▶ REGISTER NOW!

bbu.pilates.com/gamma/Registration/bbu-RegistrationPOT2.aspx

11:45 AM - 12:45 PM | THEMED BREAKOUT ROOMS

3 rooms | Topics and Presenters TBD

12:45 PM - 3:15 PM PT | TRACK 1 | WORKSHOP 5A

Pilates: Anything but a Pain in the Neck

Gabrielle Shrier | MPT, NCPT, CNP, RAS, BALANCED BODY MASTER INSTRUCTOR

Allyson Cabot | PT, NCPT, CNP, RAS, BALANCED BODY MASTER INSTRUCTOR

Explore the cervical core to enhance your clients' ability to perform the Pilates repertoire without compromising their necks. Explore the anatomy of the cervical core and then progress to exercises on the Mat, Cadillac, and Reformer designed to create deep support in the cervical spine.

Equipment: Mat and Cadillac, Tower or Wall Unit, and Reformer • Appropriate for: All instructors

Physical intensity: Moderate

12:45 PM - 3:15 PM PT | TRACK 2 | WORKSHOP 5B

The Pelvis in Pregnancy and Beyond

Jennifer Gianni | NCPT, BALANCED BODY MASTER INSTRUCTOR

In pregnancy we are not limited in our movement. In fact, pregnancy and labor are the Mount Everest of physicality for the human body. This power starts and ends with the pelvis and its relationship to the whole body. This workshop will heighten your awareness of movement options for the pregnant pelvis that are optimal in preparing it for labor. These movements will create an awareness in labor of how to position the pelvis to help the baby through the birth canal. These regenerative and fluid movements of the pelvis help us to switch to our labor mind and parasympathetic nervous system. When we can practice turning this on and recognizing it throughout pregnancy it is easier to find in labor.

This workshop will teach you innovative and multidirectional movements that go far beyond the Kegel and pelvic tilts (although both of those are brilliant). We will explore this on the Mat, the Cadillac, the springs and straps, and using TRX with the Rebozo and the Stability Ball. This workshop is primarily meant to give you tools to use with your pre- and post-natal clients, but the techniques will benefit anyone that wants a more balanced pelvis.

Equipment: Cadillac, Reformer, TRX / Bodhi, Stability Sling, yoga strap, Velcro thigh cuffs, Stability ball, Balanced Body Wedge, Large padded footplate • Appropriate for: All instructors • Physical intensity: Light to Moderate

3:30 PM - 6:00 PM PT | TRACK 1 | WORKSHOP 6A

The Use of Tensional Integrity in the Hypermobility Individual

Suzanne Martin | DPT, NCPT

Pre-activation of fascial lines gives stability to movement. Learn how to assess the levels of severity of hypermobility to build confidence for you and your client. Learn strategies of pre-activation through not only core but also the spine and extremities. Come away with a new understanding of how the pre-activation in not only mat work but on the Reformer and Chair will help your client successfully participate in Pilates without injury. All active people can use this course.

Equipment: Reformer and Split Pedal Chair • Appropriate for: All instructors

Physical intensity: Light to Moderate

▶ REGISTER NOW!

bbu.pilates.com/gamma/Registration/bbu-RegistrationPOT2.aspx



3:30 PM - 6:00 PM PT | TRACK 2 | WORKSHOP 6B

Designing a Safe and Effective Postpartum Reformer Class

Jessica Valant | MSPT, PT, NCPT

Learn how to use Pilates principles and exercises to create a safe and effective reformer program for women after giving birth. We will cover rectus diastasis, prolapse, pelvic floor health and the exercises that need to be avoided to help keep our postpartum clients healthy.

Equipment: Reformer with sitting box and foot strap, 6 – 12" inflatable ball

Appropriate for: All instructors • Physical intensity: Moderate

6:00 PM - 6:30 PM

An Inspiration Celebration!

After a long day join us with a refreshing drink and a word of inspiration for your colleagues. All of us have had challenges over the past year so bring a word or phrase to uplift the community and we will share them along with a few raffle prizes as we celebrate our time together.



▶ REGISTER NOW!

bbu.pilates.com/gamma/Registration/bbu-RegistrationPOT2.aspx

