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Certificates of attendance are provided upon successful completion of the course.

This live course is

15 contact hours/1.5 ceu's/15 ccu's

18 contact hours/1.8 ceu's for therapists licensed in IL, FL, NY or DC.

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★ ★ ★ ★ Utilizing Pilates to Enhance Rehab Outcomes
Recommended resource

Online Homestudy with Reference DVD

Over 80 exercises are discussed in detail throughout this two day course. This DVD will assist you in mastering the exercise techniques and concepts presented in this class. Narrated by Sara Koveleski-Kraut, this product is specifically designed for the therapist looking to master the Pilates exercises discussed in this live course. Instruction on the DVD will assist the therapist in designing a Pilates-based treatment program for the orthopedic, neurologic, and/or geriatric patient for improved functional outcomes. This DVD contains interactive menus which allow for greater study of individual exercises and techniques. Additional Homestudy option also available. Go to www.healthclick.com for video clips, detailed information about DVD, homestudy and state approvals.

DVD is not a requirement for course attendees. DVD is not available at the course site and must be purchased with registration to receive the discounted price.

Pilates

Utilizing Pilates Principles to Enhance
 Rehabilitation Outcomes



Presented by
 Sara Koveleski Kraut, DPT

North American Seminars, Inc.
 1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

PT, OT, PTA and AT - Continuing Education Course

Day One

7:30	8:00	Registration
8:00	8:45	Introduction to the Concepts and History of Pilates <ul style="list-style-type: none"> • What is Pilates • History of Pilates • Benefits of Pilates
8:45	9:30	The Principles of Pilates <ul style="list-style-type: none"> • Breathing • Control and precision • Alignment and posture • Movement a integration
9:30	10:15	Review of Core Musculature <ul style="list-style-type: none"> • Abdominals • Back • Hips
10:15	10:30	Break
10:30	12:00	Basic Mat Exercises (Lab) <ul style="list-style-type: none"> • Warming up for core stabilization • Preparatory exercises • Exercises for the general population
12:00	1:00	Lunch (on your own)
1:00	2:00	Basic Mat Exercises (Lab) <ul style="list-style-type: none"> • Emphasis on teaching • Use of proper cues
2:00	3:30	Advancement of Mat Exercises (Lab) <ul style="list-style-type: none"> • Higher level core stabilization • Patient specific exercises
3:30	3:45	Break
3:45	6:15	Clinical Considerations <ul style="list-style-type: none"> • Postural deficits • Women's health issues • Osteoporosis • Indications/contraindications • Patient appropriateness neuro considerations <ul style="list-style-type: none"> -Multiple sclerosis -Parkinson's disease -Gait disorders -Ataxia/balance disorders • Patient appropriateness orthopedic considerations <ul style="list-style-type: none"> -Postural disorders -Chronic low back pain -Sacroiliac joint instability -Arthritis -Muscle tightness -Mal-alignment issues -Overuse injuries • Documentation <ul style="list-style-type: none"> -CPT codes -Functional tests/measurement tools -Functional limitation reporting • Reimbursement

Day Two

8:00	9:15	Group Pilates Mat Class(Lab) <ul style="list-style-type: none"> • Leading group through systematic exercises • Review of basic and intermediate exercises
9:15	12:00	Pilates with Small Props <ul style="list-style-type: none"> • Pilates Ring • Foam rolls • Swiss ball • Resistance bands
12:00	1:00	Lunch (on your own)
1:00	1:45	Evidence-Based Practice of Pilates in Rehabilitation <ul style="list-style-type: none"> • Current research of Pilates exercises as treatment options in the rehabilitation setting • Types of exercises • Effectiveness of Pilates • Comparison to other forms of exercises • Evidence of specific benefits of Pilates (e.g. posture, flexibility, BMI, balance) • Use of Pilates with various patient populations (acute, outpatient, neuro, geriatric, orthopedic)
1:45	2:45	Case Studies <ul style="list-style-type: none"> • Orthopedic case presentation • Neurological case presentation • Pre-natal/ post partum case presentations • Post surgical case presentation • Group discussion
2:45	3:15	Questions/review

About the Educator

Sara Koveleski Kraut, PT, DPT, is the owner of Advanced Physical Therapy and Health Services in Park Ridge, Illinois, where she treats a variety of neurological diagnoses including Parkinson’s disease, multiple sclerosis, peripheral neuropathy, gait, balance disorders and peripheral vestibulopathy. Sara has developed successful treatment programs for the neurologically involved patient that focus on using current concepts in the health and fitness world and findings from evidence-based research. She incorporates her philosophy of “total health and well being” when developing her comprehensive rehabilitation programs. Dr. Koveleski Kraut established a successful clinic by effectively communicating with local neurologists and providing successful outcomes for her patients diagnosed with neurological diseases. Sara earned her Doctor of Physical Therapy degree from Rosalind Franklin University of Medicine and Science in North Chicago, IL. She completed her professional practicum at The Miami Project To Cure Paralysis, the largest and most comprehensive research center in the world dedicated to spinal cord injury research. Upon graduation, she received an award for excellence in clinical education. Since graduation, Sara regularly returns to the university as a guest lecturer. Still running her private practice and seeing patients, Dr. Koveleski Kraut officially joined the Physical Therapy faculty at Rosalind Franklin University of Medicine and Science in 2015. She focuses on clinical neuroscience. She also provides local community education regarding health issues and rehabilitation. Sara is an active member of the APTA (Private Practice Section) and Illinois Physical Therapy Association (IPTA), as well as the IPTA’s Illinois Network of Independent Physical Therapists. Aside from her professional involvement in physical therapy, Sara stays active in the health and fitness world. She is a certified Pilates instructor, AFAA-certified group fitness instructor, an ACE-certified personal trainer. Sara continues to teach community-based fitness classes at LA Fitness and the local park district. Sara has an extensive history of working with Bally Total Fitness in the media and has promoted health and fitness at multiple local Chicago events, including the Taste of Chicago, the NBC Health and Fitness Expo, and local news reports. She has also participated in several marathons. Sara incorporates her healthy, active lifestyle into the development of comprehensive rehabilitation programs.

For additional course dates and information
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Why You Should Attend This Course

This two-day course is designed to help medical professionals gain basic knowledge of Pilates theory and principles and be able to integrate it into their rehabilitation programs. The core stabilizing muscles will be reviewed, as well as how core stabilization is important to functional activities and activities of daily living. The lab portion will be devoted to learning, properly executing, and cueing Pilates mat exercises. Small apparatus, including foam rolls, Swiss balls, and rings, will be used during lab exercises for modifications and advancements. Application of the Pilates principles and exercises will be discussed for orthopedic, neurologic, and geriatric patient populations. Further discussion of case studies and current research will demonstrate how a Pilates-based treatment program can help improve core stabilization, balance, coordination, postural awareness, strength, flexibility, and mobility. Upon completion of this course, the clinician will be able to immediately integrate their knowledge in the clinical setting to provide a Pilates-based treatment program to the orthopedic, neurologic, and/or geriatric patient for improved functional outcomes.

Course Objectives

Upon completion of this course, participants will be able to:

- Demonstrate an understanding of the history and evolution of Pilates.
- Describe the principles of Pilates and their applications.
- Identify the benefits of Pilates specifically in the rehabilitation setting.
- Actively demonstrate and teach basic Pilates mat exercises that can be implemented in the rehabilitation setting.
- Enhance functional outcomes by utilizing Pilates principles for patient’s presenting with symptoms such as, gait disorders, ataxia and/or balance disorders.
- Develop programs that improve balance, stability and core strength in the geriatric population and in patients with a diagnosis of multiple sclerosis or Parkinson’s Disease.
- Utilize Pilates exercises to enhance outcomes for orthopedic issues, such as overuse injuries, arthritis, postural disorders, mal-alignment issues, low back pain and sacroiliac joint instability.
- Demonstrate and teach Pilates exercises with use of small props, such as foam rolls, rings/circles, and Swiss balls.
- Develop a program that utilizes the proper progression of the mat exercises with discretion of patient appropriateness.
- Discuss the latest evidence for integrating Pilates in the orthopedic and neurologic and geriatric populations.
- Demonstrate an understanding in how to properly document using Pilates exercises in rehabilitation programs according to Medicare and insurance guidelines.

This course is applicable for PT, PTA, OT, OTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 hours, 15 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU’s for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu’s. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT’s licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

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Pilates Principles

Send tuition to: North American Seminars, Inc.
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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.