

Course Title: Clinical Pilates with a Pelvic Health Perspective

Background

Pilates is a functional form of exercise that integrates breathing principles, spine alignment, postural strength, and pelvic floor function. It can be strategically used to build body awareness, motor control, and kinesthesia. Pilates is a safe form of prenatal exercise and pelvic floor rehabilitation when positional cues and modifications are integrated. Additional populations that can benefit from Pilates practice are athletes, individuals with persistent pain, post-abdominal surgery, and men's pelvic health.

Often forms of fitness are viewed as separate from the practice of physiotherapy; however, Clinical Pilates is an example of how two methods can be seamlessly blended to promote health and wellness. Physiotherapists are experts in exercise prescription and applying critical thinking into guided movement. It is within a Physiotherapists' scope to promote and practice Pilates as a component of care. This course is intended to provide a historical context of Clinical Pilates, present recent evidence in relation to pelvic health rehabilitation, and provide practical movement sessions. Participants are requested to bring both athletic clothes and an exercise mat.

Relevance to Physiotherapy Practice

A clinical problem which exists in the orthopaedic and sports medicine world is how to integrate pelvic floor cueing into exercise prescription. This practical course will teach the foundations of Clinical Pilates, pelvic floor cueing, prenatal techniques, and modifications for specific post-partum considerations such as pelvic organ prolapse, incontinence, and diastasis rectii. The course will provide ample practical sessions with instructor feedback. The concepts and techniques can be applied directly into clinical practice to improve patient care in individual or group physiotherapy treatment sessions. Resources, including a course manual, will be provided to registrants with template functional assessments and class designs for Clinical Pilates.

Learning Objectives

1. Apply pelvic specific cues, positioning techniques, and modifications into Clinical Pilates exercise prescription.
2. Select and prescribe appropriate Clinical Pilates exercises for prenatal and post-partum populations.
3. Create a safe and progressive post-natal rehabilitation treatment program.
4. Access course manual for class templates and resources to support clinical practice and continue lifelong learning in Clinical Pilates and pelvic health.

Speaker's Biography:

Jessica Bergevin has over ten years of experience teaching Pilates and evidence-informed exercise. She currently practices as a pelvic health physiotherapist and Physiopilates instructor in Halifax Nova Scotia. Jessica serves as a board member for the Nova Scotia

Physiotherapy Association and Chair of the Advocacy Committee. At the national level, she assumes the role of Communications Chair for the Women's Health Division of The Canadian Physiotherapy Association. As a mother of two young girls, Jessica strives to be a valuable resource in the pre- and post-natal community. She is passionate about advancing the standards of care for women's health in Canada and promoting competence in all Physiotherapists working with perinatal populations. CPA member since 2011.

Cost: \$295

Date/Time: May 31st 2020 9:00am – 5:00pm (1hr lunch break at 12:00pm-1:00pm)

Photos (if needed):



