

# 2017 Breast Cancer Restoration Advanced Qualification Specialization Program (AQSP)

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Lifelong learners enjoy their jobs!

Continuing education is more than just an annoyance or hassle. It's a path to more opportunities and a more satisfying practice!

## ***Course Description:***

**Breast cancer** is now considered a chronic condition. Currently, the American Cancer Society estimates that approximately 3 million women in the U.S. presently live with breast cancer, about 2.3 million have been recently diagnosed with breast cancer and about 1 million do not yet know they have the disease.

The Pilates Method, therapeutically applied, is an excellent medium to guide these growing populations undergoing a life-altering experience. Meet the pressing need of clients living with breast cancer. Learn specific applications in the Pilates environment aimed at the skilled intervention level of a licensed physical therapist, certified Pilates instructor, or nurse. Discover how you can facilitate the rehabilitation of reconstruction procedures and avoid lymphedema risks.

Specific benefits and contraindications of Pilates are explained. Course content also reviews structural assessment and current research on the positive rationale for exercise for cancer survivors.

Guidelines are provided on how to progress clients, avoid lymphedema, and prescribe a complete physical program, including various manual treatments.

A special feature at this year's intensive is the new MOTR® work out for strength for survivors!

**Price: \$1400.00 (USD)**

Price includes:

- 3 distance courses (prerequisite)
- recorded Free Conference Call to start lectures 1 month before the intensive
- 3-day intensive with 1<sup>st</sup> day lunch and Saturday dinner included
- follow-up mentoring while completing the post-workshop study
- a certificate of completion of the AQSP, listing on the Pilates Therapeutics web site and a recommendation letter

**ENROLLMENT NOW OPEN!**

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## Important Dates/ Timeline: (Note that the program is a flexible, several month commitment)

Application: There is limited enrollment since the studio will only hold 7-9 participants.

1. AQSP groups average 5 participants. Applications are reviewed and accepted on a first – come, first served basis. Apply at: <https://bookeo.com/ptherapeutics>
2. Notice of Acceptance to Program and Contracts of Program Commitment mailed to participants.
3. Return of Contract to declare intent to participate in program (\$700.00 deposit required). DVD courses are sent to applicants upon return of Contract of Program Commitment.
4. May 30, 2017: Deadline for prerequisite DVD courses (all applicable work pages and examination).
5. May 30, 2017: Balance of course fee due (\$700.00, any discounts are accounted for at this time).
6. June Free Conference Call , date(s) TBA
7. **July 7 - 9, 2017**: 3-day on-site course at Pilates Therapeutics office in Alameda, CA Issuance of manual and books (included in deposit fee) to contracted participants.
8. September 30, 2017: Final project paper and video due.
9. October 30, 2017: Reference letter, CE certificate of completion and web listing conferred upon satisfactory completion of:
  - a. prerequisite courses
  - b. on-site workshop
  - c. timely submission of final project paper and video

## Elements of the Program

### Distance/ On-Site / Mentoring

- Prerequisite Distance Learning: *The Upper Core, Breast Cancer Survivor's Guide to Physical Restoration, Scoliosis Management II* (Video-based Pilates Therapeutics® courses)
  - Arrive at the on-site workshop with background in the Pilates Therapeutics® approach and basic fundamentals
- 3-day intensive On-Site Workshop (**July 7 - 9 2017**):
  - Didactic information on upper quadrant mechanics, cancer etiology and background on specific cancer related therapies and reconstructive surgeries

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- Participatory Movement Sessions to allow self-learning
  - Assessment techniques
  - Treatment in depth in the Pilates paradigm, focusing on motor control and recruitment
  - Coding, Outreach and marketing
  - Special courses in critical thinking, professionalism, psychosocial clientele interaction
- Final project is a case study of your individual client(s), a video/ paper to demonstrate comprehensive specialization knowledge.
    - Follow-up mentoring provided during work on the final project.
  - Continuing Education Credits:
    - Each prerequisite course has CE approval from PMA® (13 CECs total)
    - The onsite workshop has 26 PMA® and 26 California Physical Therapy Association (CPTA) CECs
    - Total of 39 PMA® CECs, 26 CPTA CECs
  - Certificate of Completion provided, plus web listing on Pilates Therapeutics website, along with recommendation letter from Dr. Suzanne Martin
  - Additional resources, included in program fee:
    - Extensively detailed Course Manual with expanded exercise text.
    - Internationally distributed books 'Stretching', and 'Better Back' by Suzanne Martin.

***Advanced Qualification brings new opportunities!***



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