

2017 Foot Management Advanced Qualification Specialization Program (AQSP)

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:

Learn Pilates from the ground up! All of our clients need help with their feet! Learn and practice not only foot and ankle exercises for the **5 arches** of the feet, but learn mobilizations critical to longevity in foot health. Evolution is explained to better understand how man evolved into a bipedal human being.

Detailed exploration brings anatomy and biomechanics into the fourth dimension with fascial connections and slings. After learning the foot types and shapes and how they impact the foot's functioning, explore Upper Core, Pelvic Core, and Spinal Engine communications. Experience mat – specific Pilates-based exercises appropriate for studio instruction as well as for a home exercise program.

Practical sessions focus on Apparatus-Specific Applications to promote fascial connections as well as isolation of the 5 arches of the feet. Detailed osteo-kinematics of the foot and ankle complex and use of traditional Pilates foot props are explored along with the wobble board, balls and rollers.

Transformational gait training completes the training by organizing the fascial slings that make this training a full body experience, in the tradition of Joseph Pilates' whole body commitment concept of exercise.

Special bonuses include Janda short foot concepts, BareFoot training and Jump Progressions, plus making a Foot Model to take home with you!

Price: \$1400.00 (USD)

ENROLLMENT NOW OPEN!

Price includes:

- 3 distance courses (prerequisite)
- recorded Free Conference Call to start lectures 1 month before the intensive
- 3-day intensive with 1st 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

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

1. Application: There is limited enrollment since the studio will only hold 7-9 participants. 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. April 30, 2017: Deadline for prerequisite DVD courses (all applicable work pages and examination).
5. April 30, 2017: Balance of course fee due (\$700.00, any discounts are accounted for at this time).
6. April Free Conference Call , date(s) TBA
7. **May 19 - 21, 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. July 30, 2017: Final project paper and video due.
9. August 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 Pelvic Core, Post-Natal Restoration, The Foot* (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 (**May 19 - 21**):
 - Didactic information on lower chain mechanics, foot mechanics, gait, shoe wear and medical background
 - Participatory Movement Sessions to allow self-learning
 - Assessment techniques

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- Treatment in depth in the Pilates paradigm, focusing on motor control and recruitment
- Special courses in leadership, professionalism, psychosocial clientele interaction
- Marketing and Outreach
- 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® CECs
 - Total of 39 PMA® 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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