

# 2017 Scoliosis Management 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!

**Scoliosis Management** is so much more than merely attempting to press the vertebra back into a straight spine. The imbalances of scoliosis can be likened to a DNA double helix model, where the imbalances run 3 dimensionally in a spiral pattern.

The term scoliosis really is a 'garbage can' term, encompassing many crossover issues, conditions and pathologies. Each time of life, such as adolescence, early adulthood and mid-life, as well as gender must be addressed in different ways.

Learn the National Institutes of Health's recognition of the most common 2 and 3 curve patterns, current theories of pathomechanics and pathophysiology behind this chronic condition, as well as a concrete Pilates mat and apparatus progressions. It's so important to impart body skills, not just exercises, which will last a lifetime for these clients.

Learn how to use the new Pilates Therapeutics® Activ-Wedge® effectively for not only clients with scoliosis, but anyone with asymmetries!

## 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)

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. May Free Conference Call , date(s) TBA
7. **June 23 - 25, 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. August 30, 2017: Final project paper and video due.
9. September 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

- Pre-requisite Distance Learning: *The Pelvic Core, Scoliosis Management I and 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 (**June 23 – 25**):
  - Didactic information on spinal mechanics, scoliosis etiology and background
  - Participatory Movement Sessions to allow instructor self-learning
  - Assessment techniques
  - Treatment in depth in the Pilates paradigm, focusing on motor control and recruitment
  - Special courses in leadership, professionalism, psychosocial clientele interaction
  - Coding, Marketing and Outreach

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- 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® (11 CECs total)
  - The onsite workshop has 26 PMA® and 26 California Physical Therapy Association (CPTA) CECs
  - Total of 37 PMA® CECs and 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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