Pilates In Rehabilitation Course

Location: Dubai - UAE

Date: 30-31 July 2022

Time: From 9 am to 5 pm

Tutor:

Dr. Fatma El-Bakry (BSc, CMckT, CMP, CPT)
* Primephysio & OMTA Senior Tutor. UK
* Senior Musculoskeletal Physiotherapist. Egypt
* Kinetic Control Tutor.UK
* Pilates Instructor. STOTT. Canada

Topics to be covered:

- Introducing Pilates concept of exercise
- Principles of Pilates in rehabilitation
- Practice and modify Pilates based exercises for the whole body segments
- Using outcome measure to progress your exercise plan
- Use different tools to modify your exercise plan
- Design a Pilates based exercise rehabilitation program for wide range of MSK and sports based cases (LBP, Scapular mobility deficit, Scoliosis, Ankle stability, anterior knee pain, ACL and meniscus rehabilitations, elbow medial and lateral pain, Hip pain/pathologies)

By End of this course the participants will be able to

- **Know Pilates principle of rehabilitation and how to implement it within their practice/ rehabilitation**
- **Practice a wide range of Pilates bases exercises**
- **Clinically analyze the patient performance of an exercises and how to modify it in a regressive or progressive forms**
- **Design a rehabilitation Pilates based exercise program for a range of musculoskeletal cases**

Pilates In Rehabilitation Course

Course Content

DAY 1

Content	Time
Module 1-Pilates Concept in Rehabilitation: PowerPoint Presentation and Student Discussion.	9:00 AM – 10:30 AM
Module 2- Pilates-Based Exercises: PowerPoint Presentation, Student Discussion, and Practice.	10:50 AM- 12:30 PM
Module 3- Pilates Rehabilitation for the Spine and Pelvis: PowerPoint Presentation, Student Discussion, and Practice.	1:15 PM -2:00 PM 2:15-4:30 pm
Questions & answers	4:30-5:00 pm

DAY 2

Content	Time
Module 4- Pilates Rehabilitation for the Peripheral Joints: Upper Limb - PowerPoint Presentation, Student Discussion, and Practice.	9:00 AM – 10:30 AM
Module 4- Pilates Rehabilitation for the Peripheral Joints: Lower Limb - PowerPoint Presentation, Student Discussion, and Practice.	11:20 AM- 1:00 PM
Designing Exercise Programs for a Variety of Case Scenarios	1:30 PM -2:30 PM
Questions & answers	4:30 PM-5:00 PM

Who can attend?

- Physiotherapists and Physiotherapy Students/ Interns.
- Sports Therapists
- Personal Trainers and Gym Instructors.

CME IN PROCESS

Pilates In Rehabilitation Course

Course Fee:

Early Bird Registration

Individual Registration: 1200 AED
Group Registration (3+): 1080 AED

Normal Registration

Individual Registration: 1320 AED
Group Registration (3+): 1190 AED

For unemployed physios & students

Individual Registration: 1080 AED
Group Registration (3+): 970 AED

Individual Registration: 1190 AED
Group Registration (3+): 1070 AED

For registration:

1-Fill the attached online form https://www.primephysio.com/registration-form-uae
2-Submit the course fee:

- Via online https://www.primephysio.com/pilates-payment-dubai
- Via bank transfer to the following bank account within UAE:
- Account Name: AlNAJM ALRAED CONFERENCES ORGANZG
- Account Number: 12097145820001
- IBAN: AE41 0030 0120 9714 5820 001
- Bank Name: ADCB Islamic Bank (Abu Dhabi Commercial Islamic Bank)

3-Send a proof of payment (screenshot or payment acknowledgment receipt) to uae@primephysio.com or Official WhatsApp number: 00971 0502051448
4-You will receive confirmation within 24 hours with details of online learning access.

http://www.primephysio.com