

Introduction to Clinical Pilates



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Pilates vs rehab Pilates vs clinical Pilates

- Pilates
 - Contrology
 - Classical Pilates
 - Contemporary Pilates
- Rehab Pilates
- Clinical Pilates
- Calibrate Pilates



Joseph Pilates, teaching in NYC

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Intro to clinical Pilates

- Pilates vs rehab Pilates vs clinical Pilates
- Scope of practice/ Pilates in clinical practice
- Certification & insurance
- Course overview
- Getting the most out of the course



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Clinical Pilates vs Calibrate Pilates

	Clinical Pilates	Calibrate Pilates
Used in a clinical setting.	✓	✓
Used by rehab professionals.	✓	✓
Integrate manual therapy.	X	✓
Emphasize clinical reasoning and decision-making.	✓	✓
Uses an assessment and treatment framework.	X	✓
Improve patient outcomes in real time.	X	✓
Emphasize short-term care horizons.	X	✓

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Instructor introduction

- Kobi Jack
- Physiotherapist & clinical Pilates educator
- Australian-trained
- Teaching with Calibrate since 2017



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Scope of practice/ Pilates in clinical practice

- Pilates can be used as therapeutic exercise
- Scope of practice includes therapeutic exercise
- Use exercises and exercise tools
- Knowledge of exercises isn't certification



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Certification & insurance

- This is not a certification course
- Using Pilates concepts & exercises
 - Advertising clinical Pilates
- Professional liability insurance
- Private health insurance



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Course overview

- Principles of Pilates
- Setting up for success
- Introduction to pre-Pilates
- Introduction to the Pilates equipment
- Continuing education



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Getting the most out of the course

- Use the course discussion forum
- Take time to write down your reflections
- Practice the movements/movement explorations in your body
- Recreate the exercises in your gym



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