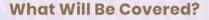


Pilates Trainer (Rehab) for Physiotherapists



Pilates Trainer (Rehab) is a program designed for physiotherapists to deeply understand how to integrate the Pilates concept into rehabilitation practice.



- U Spinal Column: Includes conditions such as PID, scoliosis, and spondylolisthesis.
- 2 Upper Quadrant: Includes shoulder impingement and frozen shoulder.
- 3 Lower Quadrant: Includes OA knee and hip replacement.

Updated research and clinical case studies are included to enhance learning and practical application.



### Course assessment:

Group presentation on cases during the course

## Date:

8 MAR, 9 MAR, 22 MAR & 23 MAR 2025

( -8 & 22 MAR : 2pm - 8 pm, ( -9 & 23 MAR : 9pm - 6 pm

**Total hours:** 

28 hours

Medium of instruction:

Cantonese

Group Price (3 ppl or above) : HK\$7,900 / Per Person

HKPU Members: HK\$7,900

AA Alumni: HK\$8,500

Regular Price: HK\$8,800

## Why Choose Pilates Trainer (Rehab)?

This program is taught by experienced physiotherapist with over 10 years of expertise in Pilates for rehabilitation. It provides a step-by-step approach, starting with low-complexity exercises suitable for highly irritable patients and progressing to advanced functional movements for less severe cases.

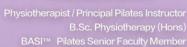
The course focuses on relieving symptoms, empowering patients with a sense of control, and reducing re-injury risks. It covers exercises on mats, mats with props, and Pilates equipment like the reformer. These exercises are clinically proven to be safe and effective across various conditions.

#### **Distinct Features of the Course**

- Pilates application specifically for physiotherapists with CPD accreditation.
- 2 Group presentations to promote learning and clinical application.
- 3 Coverage of common musculoskeletal conditions encountered by physiotherapists.
- 4 Clinical case discussions and interactive presentations.

#### Lecturer

# Michelle LAM







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