

# aasfp **PRO**

## Pilates Trainer (Rehab) for Physiotherapists

 **Cantonese**

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

### What Will Be Covered?

- 1 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

- 1** 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**

Physiotherapist / Principal Pilates Instructor


B.Sc. Physiotherapy (Hons)

BASI™ Pilates Senior Faculty Member

Registered Physiotherapist (HK & Australia)



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