



ASIAN
ACADEMY FOR
SPORTS &
FITNESS
PROFESSIONALS
亞洲運動及體適能專業學院



21 July 2019 • Michelle LAM

Pilates Rehabilitation Training for Physiotherapy

About the Leader:

Michelle Lam is the Program Manager and lecturer at AASFP. Being a Registered Physiotherapist in Hong Kong, she has obtained her Bachelor of Physiotherapy (Hons) from the University of Melbourne. Michelle is also an AASFP-certified Advanced Personal Trainer, an AASFP/FISAF-certified Group Exercise & Aerobics Instructor, Pilates and Fit-Ball Instructor. Besides being a private Physiotherapist specializing in Sports Injuries, Michelle is a part-time lecturer at the Chinese University of Hong Kong's Adult Learning Center - responsible for sports-related courses including Sports Injuries Management and Prevention, Sports Massage, and Weight Management Program.

Her extensive experience in sports therapy has gained worldwide recognition and has been invited as presenter in various conferences including AsiaFit, Fitness China and AFEEX. In 2006, Michelle was personally instructed by the founder and president of BASI™, Rael Isacowitz. Michelle is now a BASI™ Faculty Member, enabling her to instruct BASI™ Pilates Certification courses worldwide. In 2013, Michelle also taken the BASI Mentor Program, as part of the Legacy Program, this is the highest level of Pilates repertoire currently available. In 2019 Michelle was promoted as the Principal Faculty Member of BASI™ Pilates.

About the Course:

With an increasing trend in exercise rehabilitation and patient's active participation in their own recovery, the speaker has developed and modified Pilates exercises on mat, props and Pilates equipment to various clinical conditions. This is a 100% hands on course with lots of clinical experience sharing and discussion. Fellow Physiotherapists who are interested in exercise therapy and wants to know how Pilates can help to widen their scope in exercise variety, come and join us!

Time	Content
08:45 - 09:00	<i>Registration</i>
09:00 – 10:45	Theory session on Pilates Concept and Principles, Basic position and Breathing
10:45 – 11:00	<i>Break</i>
11:00 - 13:00	Practical session on Neutral Pelvis, Trunk Stabilisation and Hip Dissociation Practical session on Spine elongation, Spinal articulation
13:00 - 14:00	<i>Lunch</i>
14:00 – 15:45	Clinical Application 1: Spondylolisthesis Clinical Application 2: Prolapsed Discs Clinical Application 3: Scoliosis
15:45 - 16:00	<i>Break</i>
16:00 - 17:00	Clinical Application 4: Sacro-iliac Joint Dysfunction Practical session on Pelvic stability training