



PROGRAMMING FOR
**SPECIAL CONDITIONS
AND REHABILITATION**

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Undertake exercise planning and programming - Part 1

DAY
1



Instructor

Andrew Arounstan

Date and Time

5/6 Saturday

10:00 am - 6:00 pm

Contents

Introduction

The PIC System™: Review

Time Constraints Programming

Choosing Apparatus and Programming

Apparatus Programming

Programming, Progression and Regression

Pre-Pilates

Pre-Pilates Repertoire: Pelvic Clocks & Hip Release

Pre-Pilates Repertoire: Side Lying Rotation & Puppet Arms

Pre-Pilates Repertoire: Supine Pole

Pre-Pilates Repertoire: Diamond Extension

Pre-Pilates Repertoire: Seated Pelvic Tilts/ Clocks

Pre-Pilates Repertoire: Quadruped Stabilisation

Pre-Pilates Repertoire: Protraction/ Retraction & Happy Puppy

Pre-Pilates Repertoire: Side Lying Hip Series & Clams

Pre-Pilates Repertoire: VMO Extension & Piriformis Stretch

DAY 2

Undertake exercise planning and programming - Part 2

Information

Instructor

Andrew Arounstan

Date and Time

12/6 Saturday

10:00 am - 6:00 pm

Contents

- IMuscle Structure and Function
- Muscle Contractions and Roles
- Muscle Roles
- Stability and Balance
- Common Terminology used in Exercise and Rehabilitation
- Special Conditions
- Pilates for Pregnancy
- Pilates for Pregnancy: First and Second Trimester
- Pilates for Pregnancy: Third Trimester and Post Natal
- Ageing and Longevity
- Common conditions of the hip
- Common conditions of the knee
- Common conditions of the ankle
- Common shoulder conditions
- Conditions of the elbow and wrist
- Spine and Back
- Low Back Pain
- Piriformis Syndrome
- Disc Bulge
- Degenerative Spine Conditions
- Scoliosis and Osteoporosis

