2009 Course Dates & Locations

Click here for the most current Course Dates

Call for location and hotel information 1-800-300-5512

For additional course dates and information
www.healthclick.com/courses/nas25.cfm

Certificates of attendance are provided upon successful completion of the course. This course is 15.0 contact hours/1.5 CEUs.

NAS is approved by the IDPR to provide ceus for physical therapists licensed in Illinois. IL PT Provider #216000074. This course has been approved by the Nevada State Board of Physical Therapy Examiners for 15 units of continuing education. This course has been approved in Texas by the TPTA for ceu approval for physical therapy relicensure. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA does not endorse specific course content, products, or clinical procedures. The Illinois, Missouri, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, North Carolina, Virginia, Delaware, Rhode Island and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. This course can be used for continuing education competency for license renewal for OT's in the state of California. FL OT approval # 50-1442. AOTA Provider #4487. BOC Provider #P2047.

Available Orthopedic Resource

The Interactive Shoulder Algorithm™ new version 1.5 home study and reference tool provides clinicians with a step-by-step process to effectively evaluate the shoulder complex for orthopedic dysfunction. Twenty-nine tests for shoulder evaluation are clearly defined through digital video, 3D animation and biomechanical motion. George Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, FAPTA, provides narration and technique demonstration in each video. Each test segment detailed in the software covers critical pathways, position of the patient, position of the clinician, position of the clinician's hand, direction of movement of body part, tissues implicated, indications of a positive test and amount of force to be applied.

Basic anatomy of the shoulder is also explored. The software is **$108.00** if purchased with registration (regularly $129.95). For an additional $75, .9 CEU's can be obtained from the submission of the enclosed post test. This software is guaranteed to meet your satisfaction. Requires Windows 2000 or Windows XP, CDROM drive, 128 MB RAM, 15MB hard drive space.

Pilates

Utilizing Pilates Principles to Enhance Rehabilitation Outcomes

Presented by
Sara Koveleski Kraut, DPT

North American Seminars, Inc.
1-800-300-5512
Fax 1-800-310-5920
www.healthclick.com

Day One

7:30	8:00	**Registration**
8:00	8:45	**Introduction to the Concepts and History of Pilates** • What is Pilates • History of Pilates • Benefits of Pilates
8:45	9:30	**The Principles of Pilates** • Breathing • Concentration • Control and precision • Alignment and posture • Movement integration
9:30	10:15	**Review of Core Musculature** • Abdominals • Back • Hips
10:15	10:30	**Break**
10:30	12:00	**Basic Mat Exercises (Lab)** • Warming up for core stabilization • Preparatory exercises • Exercises for the general population
12:00	1:00	**Lunch (On your own)**
1:00	2:00	**Basic Mat Exercises (Lab)** • Emphasis on teaching/use of proper cues
2:00	3:30	**Advancement of Mat Exercises (Lab)** • Higher level core stabilization • Patient specific exercises
3:30	3:45	**Break**
3:45	4:30	**Clinical Considerations** • Postural deficits • Women's health issues • Osteoporosis
4:30	6:15	**Pilates with Small Props (Lab)** • Foam roll • Pilates Ring

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Day Two

8:00	9:15	**Group Pilates Mat Class(Lab)** • Leading group through systematic exercises
9:15	10:00	**Pilates with Small Props** • Swiss ball • Resistance bands
10:00	12:00	**Clinical considerations** • Indications/contraindications • Patient appropriateness, neurological considerations - Multiple sclerosis - Parkinson's Disease - Gait Disorders - Ataxia/balance disorders • Patient appropriateness, orthopedic considerations - Postural disorders - Chronic low back pain - Sacroiliac joint instability - Arthritis - Muscle tightness - Mal-alignment issues - Overuse injuries • Documentation • Reimbursement
12:00	1:00	**Lunch (On your own)**
1:00	1:45	**Evidence-Based Practice of Pilates in Rehabilitation** • Review of current research of Pilates exercises as treatment options in the rehabilitation setting
1:45	2:45	**Case Studies** • Orthopedic case presentation • Neuro case presentation • Group discussion
2:45	3:15	**Questions/review**

APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

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About the Educator

Sara Koveleski Kraut, DPT, is the owner of Advanced Physical Therapy & Health Services in Park Ridge, Illinois, where she treats a variety of neurological, orthopedic, and vestibular conditions. Sara has developed successful treatment programs for her patients that focus on current concepts in the health and fitness world and findings from evidence-based research. She incorporates her philosophy of "total health and well-being" when developing her comprehensive rehabilitation programs. Dr. Koveleski Kraut established a successful clinic by effectively communicating with local physicians and providing individualized treatment plans for her patients resulting in successful outcomes.

Sara earned her Doctor of Physical Therapy degree from Rosalind Franklin University of Health Sciences in North Chicago, Illinois. Upon graduation, she received an award for excellence in clinical education. She frequently returns to the university as a guest lecturer giving classes on Pilates and functional neurological treatments. She also provides local community education regarding health and rehabilitation issues. Sara is also an active member of the APTA.

Aside from her professional involvement in physical therapy, Sara stays active in the health and fitness world. She is an AFAA-certified group fitness instructor and an ACE-certified personal trainer. She has received advanced training in Pilates from Polestar Education, Bally Total Fitness, and From The Center of Chicago. She completed the intensive Pilates Teacher Training Program, *From the Center of Chicago,* with Patrick F. O'Brien, Jr. She continues to teach group exercise classes at Bally Total Fitness, including Pilates, Yoga, and kickboxing. Sara also works with Bally Total Fitness in the media and has promoted health and fitness at local Chicago events, including the Taste of Chicago, the NBC Health and Fitness Expo, and local news reports. She has also participated in several marathons. She incorporates her healthy, active life-style into the development of comprehensive rehabilitation programs.

Why You Should Attend This Course

This two-day course is designed to help medical professionals gain basic knowledge of Pilates theory and principles and be able to integrate it into their rehabilitation programs. The core stabilizing muscles will be reviewed, as well as how core stabilization is important to functional activities and activities of daily living. The lab portion will be devoted to learning, properly executing, and cueing Pilates mat exercises. Small apparatus, including foam rolls, Swiss balls, and rings, will be used during lab exercises for modifications and advancements. Application of the Pilates principles and exercises will be discussed for orthopedic, neurologic, and geriatric patient populations. Further discussion of case studies and current research will demonstrate how a Pilates-based treatment program can help improve core stabilization, balance, coordination, postural awareness, strength, flexibility, and mobility. Upon completion of this course, the clinician will be able to immediately integrate their knowledge in the clinical setting to provide a Pilates-based treatment program to the orthopedic, neurologic, and/or geriatric patient for improved functional outcomes.

Course Objectives

Upon completion of this course, participants will be able to:

- Demonstrate an understanding of the history and evolution of Pilates.
- Describe the principles of Pilates and their applications.
- Identify core stabilizing muscles utilized for specific exercises.
- Actively demonstrate and teach basic Pilates mat exercises that can be implemented in the rehabilitation setting.
- Enhance functional outcomes by utilizing Pilates principles for patient's presenting with symptoms such as, gait disorders, ataxia and/or balance disorders.
- Improve balance, stability and core strength in the geriatric population and in patients with a diagnosis of multiple sclerosis or Parkinson's Disease.
- Understand proper progression of the mat exercises with discretion of patient appropriateness.
- Utilize Pilates exercises to enhance outcomes for overuse injuries, arthritis, postural disorders, mal-alignment issues, low back pain and sacroiliac joint instability.
- Demonstrate and teach Pilates exercises with use of small props, such as foam rolls, rings/circles, and Swiss balls.
- Discuss the latest evidence for integrating Pilates in the orthopedic and neurologic populations.

Kraut08

Registration Form

Pilates Principles

Register Online! www.healthclick.com

Course Tuition: $425.00

$533 with shoulder software

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

Name _____ Profession _____

Home ☐ Business ☐

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Credit Card _____

expiration date _____ e-mail _____

Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of $75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.