Pilates
Utilizing Pilates Principles to Enhance Rehabilitation Outcomes

Day One
7:30  8:00  Registration
8:00  8:45  Introduction to the Concepts and History of Pilates
8:45  9:30  The Principles of Pilates
9:30  10:15  Review of Core Musculature
10:15 10:30  Back
10:30 12:00  Basic Mat Exercises (Lab)
12:00 1:00  Lunch (on your own)
1:00  2:00  Basic Mat Exercises (Lab)
2:00  3:30  Break
3:30  3:45  Advancement of Mat Exercises (Lab)
3:45  6:15  Clinical Considerations

Day Two
8:00  9:15  Group Pilates Mat Class (Lab)
9:15 12:00  Pilates with Small Props
12:00 1:00  Lunch (on your own)
1:00  1:45  Evidence-Based Practice of Pilates in Rehabilitation
1:45  2:45  Case Studies
2:45  3:15  Questions/review

Presented by
Sara Koveleski Kraut, PT, DPT, NCS

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PT, OT, PTA and AT - Continuing Education Course

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About the Educator

Sara Koveleski Kraut, PT, DPT, NCS, is the founder and owner of Advanced Physical Therapy and Health Services in Park Ridge, Illinois. She enjoys treating people of various conditions and of all ages, including neurologic, orthopedic, and vestibular. However, Sara and her clinic specialize in the evaluation and treatment of various neurological diagnoses, including Parkinson’s disease, multiple sclerosis, peripheral neuropathy, gait, balance disorders, and peripheral and central vestibulopathies. Sara has developed successful treatment programs for the neurologically-involved patient that focus on using 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 neurologists and providing successful outcomes for her patients diagnosed with neurological diseases.

Sara earned her Doctor of Physical Therapy degree from Rosalind Franklin University of Medicine and Science in 2008. Prior to her professional practice at The Miami Project To Cure Paralysis, Dr. Koveleski Kraut is a board-certified Neurologic Clinical Specialist (NCS) through the American Board of Physical Therapy Specialties (ABPTS). Still running her private practice and seeing patients, Dr. Koveleski Kraut officially joined the Physical Therapy faculty at Rosalind Franklin University of Medicine and Science in 2019. Teaching in the DPT curriculum, she focuses on clinical applications in the neurologic and vestibular settings. Sara also leads multiple student research groups studying the effectiveness of group exercise on balance and fall risk in community-dwelling older adults. She is also part of a neurologist-focused team of researchers at the university performing a Department of Defense-funded research study on improving balance confidence in trans-bilateral prosthesis users.

Sara is an active member of the APTA (Private Practice Section) and Illinois Physical Therapy Association (IPTA), as well as the IPTA’s Illinois Network of Independent Physical Therapists, in which she currently serves as Secretary. Sara is a certified Pilates instructor, AFPA-certified group fitness instructor, an ACE-certified personal trainer. Sara continues to teach community-based fitness classes at local health clubs and the park district. Sara has an extensive history of working with Bally Total Fitness in the media and has promoted health and fitness at multiple 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. Sara incorporates her healthy, active lifestyle into the development of comprehensive rehabilitation programs.

Dr. Koveleski Kraut is passionate about education and is always excited to share her 15+ years of clinical experience with therapists around the country, as she has been a national educator for over a decade.

Why You Should Attend This Course

Rehab professionals provide an essential role in improving the quality of care provided to patients throughout the continuum of care. Evidence-based research has identified that the incorporation of Pilates in a patients treatment program can significantly improve their mobility and quality of life. The principles and applications of Pilates provide essential tools to maximize treatment and functional progression.

This two-day intermediate level course is designed to help medical professionals gain 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.

As a private practice owner and seasoned clinician, Dr. Koveleski Kraut has designed and implemented individualized Pilates-based treatment programs for her patients of various conditions, achieving successful outcomes and making her and her clinic sought-after by physicians and patients alike. She will guide you on proper documentation for appropriate reimbursement. 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. This course puts together a template for problem-solving the more complex population and the issues they face to improve optimal function. The treatment techniques and material presented in this course are designed to maximize current billing procedures. Participants in this course will leave confident in their ability to perform improved mobility assessments using Pilates movements and be able to incorporate evidence-based Pilates exercises into their patients’ rehabilitation programs to achieve superior functional outcomes and enhance their patients’ quality of life.

Course Objectives

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

- Describe the core principles and applications of Pilates and identify specific techniques that can be utilized to enhance functional movement within the rehab setting.
- Identify basic and advanced mat exercises to target postural and functional deficits and incorporate the appropriate exercises into patient specific rehab programs.
- Discuss the latest evidence for integrating Pilates in the orthopedic and neurologic and geriatric populations.
- Develop a program to enhance functional outcomes for patient’s presenting with symptoms such as, gait disorders, ataxia and/or balance disorders.
- Develop programs that improve balance, stability, and core strength in the geriatric population and in patients with a diagnosis of multiple sclerosis or Parkinson’s Disease.
- Develop a progressive program utilizing Pilates exercises to enhance outcomes for orthopedic issues, such as, overuse injuries, arthritis, postural disorders, malalignment issues, low back pain, and sacroiliac joint instability.
- Demonstrate and teach Pilates exercises with the use of small props, such as foam rolls, rings/circles, and Swiss balls.
- Demonstrate an understanding in how to properly document using Pilates exercises in rehabilitation programs according to Medicare and insurance guidelines.

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Pilates Principles

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

- Demonstrate how Pilates principles and exercises can significantly improve their mobility and quality of life.
- Understand how Pilates principles and exercises can improve patient’s outcomes.
- Demonstrate how Pilates principles and exercises can be utilized to enhance functional movement within the rehab setting.
- Identify how Pilates principles and exercises can be integrated into patient specific rehab programs.
- Discuss how Pilates principles and exercises can enhance functional outcomes for patient’s presenting with symptoms such as, gait disorders, ataxia and/or balance disorders.
- Develop how Pilates principles and exercises can improve balance, stability, and core strength in the geriatric population and in patients with a diagnosis of multiple sclerosis or Parkinson’s Disease.
- Develop how Pilates principles and exercises can enhance outcomes for orthopedic issues, such as, overuse injuries, arthritis, postural disorders, malalignment issues, low back pain, and sacroiliac joint instability.
- Demonstrate and teach Pilates exercises with the use of small props, such as foam rolls, rings/circles, and Swiss balls.
- Demonstrate an understanding in how to properly document using Pilates exercises in rehabilitation programs according to Medicare and insurance guidelines.

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