

# Pilates Rehab Integration Strategies

One day live course combined with an  
with online/DVD home study component  
17 hrs of CME credit



17 hours of Continuing Education Credit

Presented by  
Sara Koveleski Kraut, PT, DPT

North American Seminars, Inc.  
1-800-300-5512 | Fax 1-800-310-5920  
[www.healthclick.com](http://www.healthclick.com)

PT, OT, PTA and ATC - Continuing Education Course

## Live Course (One Day)

- 7:30 8:00 **Registration**
- 8:00 8:30 **Review of the Principles of Pilates (Lecture)**
- Breathing
  - Concentration
  - Control and precision
  - Alignment and posture
  - Movement integration
- 8:30 11:30 **Basic Mat Exercises (Lab)**
- Review of exercises, cues, and modifications
  - Concurrent discussion of patient diagnosis appropriateness
- 11:30 12:30 **Lunch (on your own)**
- 12:30 2:30 **Pilates with Small Props (Lab)**
- Pilates ring
  - Foam rolls
  - Swiss ball
  - Resistance bands
- 2:30 3:30 **Case Study Analysis and Group Discussions**
- Stroke
  - Hip dysfunction
  - Low back pain with radiculopathy
  - Geriatric balance
  - Sports related injury
- 3:30 3:50 **Review of the Resources for Evidence-Based Practice of Pilates in Rehabilitation (Lecture)**
- Review of the evidence based resources
- 3:50 4:00 **Questions/Review**

## Self Study (Online-DVD)

The key to developing a successful rehabilitation program is to have an understanding of the underlying mechanisms of the specific dysfunction. If the dysfunction is identified, the proper tools can be developed to facilitate a progressive functional rehab program.

This **DVD and online course** has been designed to assist the therapist in understanding the fundamentals of Pilates and how to incorporate the principles into a rehabilitation setting. The information provided will guide the therapist through the benefits of Pilates and how to utilize the fundamental principles. Understanding each exercise category will help with developing functional rehab programs for a variety of diagnoses. The HD demonstrations present over 80 exercises with detailed narration that will assist the clinician in understanding the proper way to perform each exercise. Specific exercise categories such as: **Preparatory Exercises, Mat Exercises, Standing Exercises, Exercises with Swiss Ball, Exercises with Foam Roll, Exercises with Ring/Circle, Exercises with Bands, Exercises with Bosu® Trainer** will thoroughly be demonstrated. Case studies for ACL reconstruction, post hip replacement, multiple sclerosis, stroke, lumbar stenosis, work related injuries, and athletic injuries will be presented. The therapist is guided through a progression of exercises to incorporate Pilates exercises into the rehabilitation of each of the diagnoses. In addition, a thorough evidenced based literature review will provide the necessary information to support the decision to incorporate Pilates into the rehabilitation programs.

This DVD/online course will enhance the therapists understanding of how to incorporate Pilates into a variety of rehab settings from acute care to outpatient care for practical functional outcomes.

<http://www.healthclick.com/courses/nas290.php>

**Responsible CME®**



In addition to the NAS cancellation policy, this hybrid course requires participation in the self study and live portions of the course. If for some reason the live portion is cancelled due to an Act of War or God or issues beyond our control OR the participant needs to cancel the live portion of the course then partial ceu course credit will be provided for the self study portion (10 hours/1.0 contact hours).

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## About the Educator

**Sara Koveleski Kraut, PT, 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, IPTA and Illinois Network of Independent Physical Therapists.

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 at *the Center of Chicago*, with Patrick F. O'Brien, Jr. She continues to teach group exercise classes at LA fitness and local park district, which includes Pilates, Piloxing, Boot camp, Indoor cycling, Strength classes, Yoga, and kickboxing. Sara previously worked with Bally Total Fitness in the media, including several commercials and various fitness media promotions 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 ran in several marathons. She incorporates her healthy, active life-style into the development of comprehensive rehabilitation programs.

## One Day of Live Hands on with online study delivering 17 hours of Continuing Education!!

For additional course dates and information  
[www.healthclick.com/courses/nas58.cfm](http://www.healthclick.com/courses/nas58.cfm)

## Why You Should Attend This One Day Live-Online-DVD Course

This one day course blends home study training from a professionally filmed and mastered DVD with online access with face to face interactive instruction and hands on lab sessions. The course has been carefully designed to maximize the learning experience by combining the self-paced online/DVD home study materials with a focused hands-on training session in the classroom.

Pilates is an effective treatment tool when properly integrated into a rehabilitation program. The proper integration of Pilates principles for orthopedic, neurologic, and geriatric populations will be presented during the online educational course and reinforced with a one day hands-on training session supported with lecture. Case study presentations with discussion of the supporting theories of Pilates exercises are integrated into the live and online materials. Expert HD video demonstrates, with narration, over 80 Pilates techniques and exercises and is delivered online and with a DVD. The live session reinforces these concepts and techniques and provides comprehensive lab sessions 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.

Supporting written material is provided for the online as well as live training sessions, and a DVD is provided for self-paced offline learning and reference. Specifically, participants will receive a comprehensive manual containing information on the evidence-based practice of Pilates in rehabilitation (including references to current research articles, types of exercises, effectiveness of Pilates, comparison of Pilates with other forms of exercises, and the use of Pilates in various patient populations) and a professionally filmed and mastered interactive DVD with online access.

This course will provide a deeper understanding of how to properly perform and instruct patients on Pilates techniques. This understanding forms the basis for integrating Pilates principles, fundamental and core stabilization exercises into your specific rehab programs and real life patient related functional activities. 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:

- Discuss the latest evidence based research for integrating Pilates in the orthopedic, neurologic, and geriatric populations.
- Demonstrate understanding in the practical application of Pilates exercises covering a variety of conditions and diagnoses that are presented in a case study format.
- Understand proper progression of some of the basic mat exercises, with and without props, with discretion of patient appropriateness.
- Actively perform and demonstrate basic Pilates mat exercises that can be implemented in the rehabilitation setting.
- Actively perform, demonstrate, and teach Pilates exercises with use of small props, including foam rolls, resistance bands, Pilates rings, and Swiss balls.
- Understand the benefits of Pilates, specifically in the rehabilitation setting, for a variety of diagnoses, including but not limited to orthopedic, neurologic, and geriatric populations.
- Develop progressive rehab programs utilizing the fundamentals of Pilates principles for a variety of diagnoses to include: geriatric, neurological, work related in injuries, orthopedic and cardiopulmonary dysfunction.

### Registration Form

### Pilates Integration Strategies

### Course Tuition:

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](http://www.healthclick.com)



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Credit Card \_\_\_\_\_

Exp.date \_\_\_\_\_ Phone (required) \_\_\_\_\_

e-mail (required) \_\_\_\_\_

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.