

**PILATES POST-REHABILITATION PROGRAMS
FOR HIP AND KNEE REPLACEMENT
Elizabeth Larkam**

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Elizabeth Larkam is director of Pilates & Beyond at Western Athletic Clubs. Prior to this position Elizabeth worked 15 years as a Pilates Dancemedicine Specialist at the Center for Sports Medicine, Saint Francis Memorial Hospital, in San Francisco. While director of the Saint Francis program she developed Pilates protocols for orthopedic and spine diagnoses. Her current studio focus includes developing programs for clients with hip replacement or knee replacement as well as improving gait patterns for clients with lower extremity injuries or prosthetics.

Elizabeth is a Pilates Method Alliance Gold-Certified instructor with 21 years experience in clinical, dance, fitness and academic environments. Educated in the original Pilates techniques by the Pilates elders, Elizabeth is a Guild-Certified Feldenkrais Practitioner, Gyrotonic (tm) and Gyrokinesis (tm) instructor, Franklin Method teacher and OM Yoga instructor. She is the Fitness Editor for PilatesStyle and mind body spokesperson for the American Council on Exercise.

Elizabeth developed the Pilates Allegro program, Pilates Mat with Roller, Ring & Rotator Discs, Reebok Core Pilates, and Kinesis Flow for TechnoGym. Co-founder and former co-owner of Polestar Education, Elizabeth now teaches Pilates education courses throughout the world as a Balanced Body University Master teacher. She presents at conferences including Pilates Method Alliance, Body Mind Spirit, Pilates On Tour, Inner IDEA, IHRSA, Club Industry East, Sport Clinic Medici in Florence, Pilates Day Barcelona, Body Control UK, Cova Teacher's Convention Italy and Mindful Movement Capetown South Africa. Elizabeth created PilatesPerformance, a unique dance form that takes Pilates far beyond fitness, rehabilitation, and sports-specific conditioning to explore expressive possibilities of body-mind-spirit.

COURSE DESCRIPTION: After hip or knee replacement surgery a client is often referred to a physical therapist. Following release from physical therapy the client may be referred to a qualified Pilates instructor in order to continue to progress in activities of daily living and gait. View a DVD of a studio program developed for a client with a knee replacement and another for a client with a hip replacement. Learn the movement sequences, cues and logic for these unique progressions on the reformer, trapeze table, combo chair, barrels and footprints.

COURSE OBJECTIVES: Hip and knee replacement is increasingly common. Pilates instructors should be prepared to create safe, effective exercise programs for clients. Pilates instructors should understand which movements are

contraindicated for joint replacement and which movements are required to improve function.

- Objective 1. Learn about the types of hip replacement and hip resurfacing surgeries.
- Objective 2. Learn the types of knee replacement surgeries.
- Objective 3. Learn which movements are contraindicated following hip surgery.
- Objective 4. Learn which movements are contraindicated following knee replacement.
- Objective 5. Learn a Pilates studio sequence for a client with a hip replacement.
- Objective 6. Learn a Pilates studio sequence for a client with a knee replacement
- Objective 7. Learn the verbal and tactile cues that facilitate effective performance of the Pilates studio sequences.

COURSE OUTLINE:

- Lecture with power point on hip replacement surgery
- Lecture with power point on knee replacement surgery
- DVD of client studio sequence following hip replacement
- DVD of client studio sequence following knee replacement
- Demonstration on Pilates reformer, trapeze table and chair of instruction techniques for the gait exercise sequence
- Supervised practice teaching by participants

BIBLIOGRAPHY:

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 - The Physiology of the Joints by I. A. Kapandji Volume 2 Lower Limb 1970.
 - Management of Common Musculoskeletal Disorders Physical Therapy Principles and Methods. Third Edition
 - The Muscle Energy Manual, Volume 3 by Fred L. Mitchell Jr. 1999
 - Hip Replacement exercise protocol - The San Francisco Orthopaedic Group
 - Knee Replacement exercise protocol - The San Francisco Orthopaedic Group
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