

PILATES FOR SACRO-ILIAC AND PELVIC GIRDLE DYSFUNCTION

Sherri Betz

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SHERRI BETZ, PT is a 1991 graduate of the Louisiana State University Medical Centers School of Physical Therapy. Sherri actually began her career as a national gymnastics competitor and as a Group Fitness Instructor and Personal Trainer for Nautilus Fitness Centers in the 1980's. Inspired by the work of a physical therapist in one of the clubs where she trained, Sherri began to pursue a degree in Physical Therapy.

Her love of movement education has been integrated into her physical therapy practice at a rehabilitative level and at a fitness level. Utilization of Pilates-based methods and Gyrotonic® with a specialty in the treatment of the pelvic girdle and manual therapy of the spine are integral in her practice as a Physical Therapist.

As Director of Pilates-Based Programs for Western Athletic Clubs at Courtside Club in Los Gatos, CA, she continues to conduct classes, seminars and instructor training programs. Sherri has developed programs for the San Jose Sharks Professional Hockey Team, nationally ranked pairs and singles figure skaters, and Elite-level gymnasts in their rehabilitation and in development of their Pilates-based training programs.

As a member of the American Physical Therapy Association's Women's Health Section, and Director of Physical Therapy and Exercise Programs for Heart to Hearts, Inc.: Empowering Women Through Education in Lawrenceville, NJ, she has developed Women's and Corporate Wellness Programs for ergonomics, exercise, osteoporosis, nutrition, use of herbs, menopause education, hormone replacement therapy, cancer prevention, and stress reduction.

Sherri has been a Principal Educator and Examiner for Polestar Education since 1999 and is certified in Gyrotonic®, Gyrokinesis™ and as a Gyrotonic Pre-trainer. She has developed an advanced program in Osteoporosis Management for Polestar Education. Extensive research on the treatment and prevention of Osteoporosis and Osteoarthritis led to the development of The Osteoporosis Exercise Book: Building Better Bones, The Pilates for Osteoporosis Exercise Video and new videos, Prenatal Pilates and Dealing with Acute Low Back Pain.

Sherri is currently working on the 2nd edition of The Osteoporosis Exercise Book with integration of Pilates and Physical Therapy principles and exercise modifications for those at risk for fracture. Sherri was elected to the Board of Directors for the Pilates Method Alliance in 2003, became PMA Pilates Gold Certified in 2005 and served on the PMA Pilates Certification Exam National Panel to improve the quality of Pilates Instruction.

Sherri's mottos and life goals are:

- To inspire and assist people in movement without pain
- To change faulty habitual patterns of movement and create new healthy patterns of movement
- Exercise should be fun!
- Aging gracefully!

COURSE DESCRIPTION: Licensed Healthcare Practitioners learn an eclectic and functional approach to evaluation and treatment of sacro-iliac or pelvic girdle dysfunction. We will look at positional faults, strength, functional control and stiffness vs. instability. Included will be discussion of indicated and contra-indicated exercises for pelvic girdle dysfunction. Based on evaluative findings, we will practice manual therapy techniques and design a Pilates-based treatment program of mat and apparatus exercises for this complex diagnosis.

COURSE OBJECTIVES:

- Understand Anatomy and Basic Biomechanics of the Pelvis
- Review common pathologies and diagnoses of Pelvic Girdle Syndromes
- Practice Assessment of the Pelvic Girdle
- Review of Manual Techniques
- Appropriately select Pilates Mat Exercises
- Appropriately select Pilates Apparatus Exercises
- Understand precautions and contraindications for Pelvic Girdle pathologies

COURSE OUTLINE:

- Review of Pelvic Girdle Anatomy 10 minutes
- Review of Pelvic Girdle Biomechanics 20 minutes
- Practice Pelvic Girdle Assessment 30 minutes
- Discuss Treatment Options 15 minutes
- Review & Practice Mat Exercises 45 minutes
- Review and Practice Apparatus Exercises 45 minutes
- Questions & Answers 15 minutes

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