Differential Assessment
Brent Anderson

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A licensed Physical Therapist and Orthopedic Certified Specialist for more than 13 years, Brent is a leading authority in performing arts medicine and Pilates-evolved techniques for rehabilitation. He founded and directs Polestar Pilates education, one of the world's leading Pilates certification organizations. He lectures widely at national and international symposia and owns and operates two comprehensive Pilates conditioning and physical therapy centers that have become models for clinics and studios worldwide.

Course Description: This 6 hour workshop is an extract from Polestar’s Critical Reasoning Series. A Proficient Pilates Teacher needs to clearly understand their scope of practice. The ability to differentiate between signs and symptoms protects the public and significantly enhances the quality assurance within Pilates and therapy practices. Anderson will discuss a number of differential signs and symptoms that are manifested during the Polestar Pilates Screening that require skilled interpretation. You will learn how to differentiate between items that are red flags requiring communication with medical professionals, orange flags that require unique skills to facilitate intervention as with osteoporosis and yellow flags that merely require some sort of modification to a physical limitation like shortened hamstrings.

Objectives Outline:
- To introduce an effective screening protocol for new Pilates clients
- To use the information gathered to plan an appropriate exercise prescription
- To understand the appropriateness of Pilates for an individual client
- To use the assessment techniques presented to determine level of care
- To help Pilates instructors in a non-healthcare environment to determine whether the client falls within the scope of their practice

Course Outline:
- Hour 1 – introduce the Polestar Pilates screening system
- Hour 2 – review flexibility screening. Have students practice the screening in pairs and discuss the outcome of the screening and how it would affect future treatment plans.
- Hour 3 – review core strength. Have students practice the screening in pairs and discuss the outcome of the screening and how it would affect future treatment plans.
- Hour 4 – review lumbo pelvic stability strength. Have students practice the screening in pairs and discuss the outcome of the screening and how it would affect future treatment plans.
• Hour 5 – review scapular stability and mobility. Have students practice the screening in pairs and discuss the outcome of the screening and how it would affect future treatment plans.

• Hour 6 – complete practice sessions. Review outcomes and answer questions.

BIBLIOGRAPHY:

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