Kristopher Bosch PT

Kristopher is the Director of Rehabilitation & Co-Founder of Northstar Pilates Solutions, LLC. Dr. Bosch is an alumnus of the State University of New York at Buffalo, graduating with a B.S. in Exercise Science/Concentration in Athletic Training in 1999 and Doctorate in Physical Therapy in 2004. He has been an NATA Certified Athletic Trainer since 1999 and holds New York State Licensure as an Athletic Trainer and Physical Therapist. He completed his Pilates training through Polestar Pilates Education, and is certified through the Pilates Method Alliance as a Pilates Gold Certified Teacher by passing the National PMA Pilates Certification Exam. Kristopher’s academic and clinical experiences have provided him the opportunity to work with professional, amateur, and recreational dancers & athletes in addition to the general public. As an Educator and Mentor for Polestar Pilates Education, Dr. Bosch teaches courses for Poelstar in both their rehabilitation and fitness tracks. Dr. Bosch currently serves as adjunct faculty within the University at Buffalo's Department of Theater and Dance. Professional areas of interest include Research, Orthopedics & Manual Therapy, Dance Medicine, and Neurology. Currently he is working toward completion of a Fellowship in Orthopaedic Manual Physical Therapy at Daemen College.

COURSE DESCRIPTION: In our current health care climate, individuals are seeking out conservative ways to manage a disease process or improve their health and well being. It is not uncommon to find individuals with neurological disorders engaging in Pilates as a way to maximize function and continue working to overcome impairments after physical therapy.

In this workshop you will learn about a few of the most common Neurological Diseases, their related impairments, and their effect on the movement system. Application and manipulation of the Pilates repertoire and apparatus will also be discussed. Focus will be on structuring a program that is safe and effective for meeting the needs of this special population.

OBJECTIVES: Following this workshop, participants should be able to:
• Identify and describe a few of the most common Neurological Diseases
• Explain the major impairments seen in these disorders, and the effect that they may have on the movement system.
• Describe the application and manipulation of the Pilates repertoire and apparatus for patients/clients with these disorders.
• Discuss how we can structure a program that is safe and effective for meeting the needs of this special population.
OUTLINE:
- Introduction
- Overview: Neurological Disease versus Neurological Injury
- Categories of Neurological Impairment
- Neurological Disease: Focus on Parkinson’s Disease
- Application of Pilates Principles to Manage Impairments
- Selected Exercises for clients with PD
- Neurological Disease: Focus on Multiple Sclerosis
- Application of Pilates Principles to Manage Impairments
- Selected Exercises for clients with MS

BIBLIOGRAPHY:
- Oken BS, Kishiyama S, Zajdel D, BourdetteD, Carlsen J, Haas M, Hugos C, Kraemer DF, Lawrence J, Mass M. Randomized Controlled Trial of Yoga and Exercise in Multiple Sclerosis.