EXPLORING THE CURVES: SCOLIOSIS AND COMMON POSTURAL PROBLEMS
Suzanne Martin

Suzanne Martin DPT
Suzanne is a Doctor of Physical Therapy and a gold-certified Pilates expert. Listed in Who's Who for Professionals, she has 25 years of experience in the health and movement fields, blending art and science into her instruction. She is a Master ACE and ACSM trainer, and maintains a private Pilates/physical therapy practice, Total Body Development in Alameda, California. As a performing arts specialist, she conducts nutrition seminars for the School of the San Francisco Ballet, and is the lead physical therapist for Smuin Ballet in San Francisco. Through Pilates Therapeutics®, she provides instructional DVD’s and courses in the Pilates Method and nutrition. She has published extensively in Dance Magazine, Pilates Style, Penguin Books, the Journal of Dance Medicine and Science as well as others.

COURSE DESCRIPTION: More and more people are depending upon Pilates to help with posture and scoliosis problems. Learn how to identify postural tendencies of the spine as well as the differences between functional and structural scoliosis. This 3-hour workshop will help you to identify the differences between and the management of functional versus structural scoliosis, their varying causes and what you can do to intervene utilizing the Pilates Method of rehabilitation. Learn quick assessment techniques differentiating the biomechanic, postural and clinical implications of curvature at the separate spinal segments. Mat, reformer and trapeze table work will be included in this lecture and lab format.

Equipment needed:
• Reformer
• Baby Arc
• Mats
• Trapeze table

Format: Approx. 1 hour background lecture and 2 hour lab

COURSE OBJECTIVES:
At the end of the 3-hour class, participants will be able to:
• Describe incidence/ prevalence of scoliosis
• Describe common postural body types: sway back, hyper-lordosis, kypho-lordosis
• Describe pathophysiology of scoliosis and hypermobility and identify where the conditions overlap
• Perform a Scoliosis screening
• Perform a hypermobility exam
• Perform a postural screen
• Describe concepts for hypermobility management
• Demonstrate Pilates therapeutic applications for treatment, combining manual concepts and techniques with kinetic activities
• Demonstrate home exercise applications

COURSE OUTLINE:
• Lecture on salient anatomy and background/epidemiology of scoliosis, hypermobility
• Definitions of neutral/ non-neutral postures and body types (lecture)
• Cases of non-pathological versus pathological scoliosis and hypermobility (lecture)
• Demonstration and participatory instruction in scoliosis, hypermobility, and postural screening
• Present concepts and strategies for treatment and management by both practitioner and client (lecture)
• Participatory Pilates therapeutic mat applications for treatment
• Demonstration and selected participant application of manual treatment
• Demonstration and selected participant Pilates therapeutic apparatus applications
• Home exercise Pilates therapeutic demonstration with participant group activity

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