Improve health and well-being, through the application of Pilates

Are you a health care professional looking to expand into Pilates? This weekend will get you started.

Already teach Pilates? You will learn practical applications for common conditions from the most experienced practitioners in the country.

Pilates ON TOUR℠
Welcome to the first annual Pilates and Rehabilitation Summit featuring presenters at the cutting edge of the integration of Pilates into physical therapy, athletic training and post rehabilitation.

The Buttes, a Marriott Resort
2000 Westcourt Way Tempe, AZ 85282
Phone (888) 867-7492
Room rate: $209.00
Room rate expiration: March 4, 2008

Registration:
Early (by 3/4) Regular (after 3/4)
1 day–$295 1 day–$325
2 days $465 2 days $495
3 days $565 3 days $595

Anatomy in Clay pre conference:
Early registration–$425
Regular registration–$475
Register Online at www.PilatesOnTour.com, or Call 1-877-PILATES (745-2837)

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Pre-conference
Wednesday & Thursday, April 2 & 3, 9 AM - 5 PM
Anatomy in Three Dimensions: An Introduction to Anatomy in Clay™
Instructors: Dallas Everleth & Naomi Leiserson
Wednesday & Thursday, April 2 & 3, 9 AM - 5 PM
Anatomy in Three Dimensions - An Introduction to Anatomy in Clay™
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Main Conference
Friday, April 4
9:30 AM to 12:30 PM, & 2:00 PM to 5:00 PM
Differential Assessment
Instructor: Brent Anderson PhD, PT, OCS
Getting Started: Referrer Applications for Healthcare Professionals
Instructor: Dawn Arthur-Blask, MPT & Alphonso Cerio, PT
Flexibility/Flexibility Enhancing Flexibility with Pilates
Instructor: Karen Clippinger, MHP

Saturday Morning, April 5
9:30 AM to 12:30 PM
Pilates for Chronic Pain
Instructor: Brent Anderson PhD, PT, OCS
Pilates Psychology and Rehabilitation
Instructor: Karen Clippinger, MHP

Saturday Afternoon, April 5
2:00 PM to 5:00 PM
Pilates for Scoliosis and Pelvic Girdle Dysfunction
Instructor: Sherri Betz, PT
Knee Biomechanics & Pilates Program Design
Instructor: Dawn Arthur-Blask, MPT & Alphonso Cerio, PT

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9:30 AM to 12:30 PM
Pilates for Sacro-Iliac and Pelvic Girdle Dysfunction
Instructor: Sherri Betz, PT
Knee Biomechanics & Pilates Program Design
Instructor: Dawn Arthur-Blask, MPT & Alphonso Cerio, PT

Sunday Afternoon, April 6
2:00 PM to 5:00 PM
Pilates Post-rehabilitation Programs for Hip & Knee Replacement
Instructor: Elizabeth Larkam, MS Ed
The Functional Shoulder: Reaffirming the Shoulder Complex after Injury and Breast Cancer
Instructor: Suzanne Martin, DPT

Getting Started: Pushing Toward Normal Movement: Pilates Amazing Push Through Bar
Instructor: Christine Romani-Ruby, MPT, ATC

Getting Started: Floating Chain Exercises: Understanding Pilates Exercise Equipment
Instructor: Dawn Arthur-Blask, MPT & Alphonso Cerio, PT
Getting Started: Pilates Mat Basics for Core Stability
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Instructor: Brent Anderson PhD, PT, OCS
Shoulder Mechanics, Alignment & Pilates Program Design
Instructor: Karen Cuppyn, MPT
The Mysterious Pelvis: Fixer
Instructor: Shawn Butler, PT
BUSINESS TRACK: Integrating Pilates into the Physical Therapy Practice
Instructor: Dawn M. Black, MPT & Alyson Cabot, PT
Alignment and Strength Through Tactile & Sensory Gaging, Part 1
Instructor: Marie-José Blom

Saturday Afternoon, April 5
2:00 PM to 5:00 PM
Pilates Psychology and Rehabilitation
Instructor: Brent Anderson PhD, PT, OCS
Aligning and Strength Through Tactile & Sensory Gaging, Part 2
Instructor: Marie-José Blom
Maximizing Function Through Pilates for Neurological Disorders
Instructor: Kathleen Denckla, DPT, ATC
Exploring the Core: Stability & Common Postural Problems
Instructor: Suzanne Martin, DPT
BUSINESS TRACK: Expanding your Practice into Wellness
Instructor: Christine Romani-Ruby, MPT, ATC
Alignment and Strength through Tactile & Sensory Gaging, Part 1
Instructor: Marie-José Blom

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Pilates for Sarcoidosis and Polycythaemia
Instructor: Shawn Butler, PT
Knee Biomechanics & Pilates Program Design
Instructor: Dawn M. Black, MPT
Pilates Studio Programs for Improving Gait
Instructor: Elizabeth Larkam, MS Ed

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Instructor: Christine Romani-Ruby, MPT, ATC
Getting Started: Pilates Mat Basics for Core Stability
Instructor: Karen Sanzo, PT

Sponsored by Balanced Body University
877-pilates | www.bbupilates.com
8220 Ferguson Ave.
Sacramento, CA 95828
Course Descriptions

Alignment and Strength through Tactile and Sensory Cueing, Part 1 and 2
In this 2-part course, Marie-Jose presents the biomechanics of the spine and new core principles used in the Pilates environment with the SmartSpine system. Created by Marie-Jose to facilitate optimum postural patterning, the SmartSpine system helps instructors to provides effective tactile cueing, spinal alignment and supportive breathing techniques. This workshop uses the SmartSpine in conjunction with the Reformer, Trap Table, Baby Arc and Spine Corrector to give you practical skills for enhancing your teaching of correct core activation, improving posture and creating optimum breathing patterns.

Part 1, Instructor: Marie-José Blom | April 5, 9:30-12:30 and 2:00-5:00

Anatomy in Three Dimensions - An Introduction to Anatomy in Clay™
This intensive, experiential workshop reviews the essentials of musculoskeletal anatomy and kinesiology as you build the major muscles used in movement on a specially designed skeleton called a Maniken®. Understanding the body from the inside out allows you to see movement from a whole new perspective. Practical exercises to understand the function of each muscle and its use in Pilates are included to help you integrate the material. This is a great class for new and experienced instructors who want to improve their understanding of Anatomy and the body in motion.

Instructors: Dallas Everleth & Naomi Leiserson | April 2 & 3, 9:00 - 5:00

Differential Assessment
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.

Instructor: Brent Anderson, PhD, PT, OCS | Equipment: Allegros | April 4, 9:30-12:30 and 2:00 - 5:00

BUSINESS TRACK: Expanding your Practice into Wellness
Prevention of disease and aging gracefully are two of the hottest topics in wellness today. Explore how you can meet these needs for the consumer while enhancing your practice with cash based revenue using Pilates based exercise programs.

Instructor: Christine Romani-Ruby, MPT, ATC | April 5, 2:00 - 5:00

Exploring the Curves: Scoliosis and Common Postural Problems
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 versus 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 and management. Learn quick assessment techniques differentiating the biomechanic, postural and clinical implications of curvature at the separate spinal curves. Mat, Reformer and Trapeze Table work will be included in this lecture and lab format.

Instructor: Suzanne Martin, DPT | April 5, 2:00 - 5:00

GETTING STARTED: Floating Chain Exercises: Understanding Pilates Exercise Equipment
Closed chain exercise is known for its rehabilitative effects: open chain exercise is known for its conditioning effects. Pilates is known for its ability to improve stability. So is frog on the Reformer open or closed chain? Explore Pilates equipment and its application to both open and closed chain exercises in this experiential workshop.

Instructor: Christine Romani-Ruby, MPT, ATC | April 6, 2:00 - 5:00
**The Functional Shoulder: Restoring the Shoulder Complex after Injury and Breast Cancer**

The Shoulder Complex is composed of 4 joints (the AC, the GH, the ST, and the SC) that articulate on the ribcage. This 3 hour Lecture/Lab workshop presents both the anatomy and principles for optimal biomechanical functioning of the shoulder complex. It also offers concrete rehab suggestions, along with contraindications and precautions, for common shoulder complaints, such as repetitive stress arm and hand pain, impingement, frozen shoulder, rotator cuff problems, as well restoration after treatment for breast cancer. Learn how you can use Pilates to enhance scapulothoracic rhythm, increase stabilization and correct these areas. Mat, reformer and trapeze table work will be addressed.

Instructor: Suzanne Martin, DPT | April 6, 2:00 - 5:00

**BUSINESS TRACK: Integrating Pilates into the Physical Therapy Practice**

This course is designed to assist physical therapists in determining how to best integrate Pilates into their private practice. Introducing a Pilates facility as an adjunct to your current PT practice can be a very profitable business decision. It can be of tremendous benefit to you as the owner, but, also, to your patients and clientele. The importance of understanding the many facets of this type of hybrid business structure will be addressed.

Instructor: Dawn-Marie Ickes, MPT and Allyson Cabot, PT | April 5, 9:00 - 12:30

**Knee Biomechanics and Pilates Program Design**

Presentation of biomechanical considerations of the patellofemoral joint and knee joint that are key for designing effective exercise programs. Discussion of the importance of open kinetic chain, closed kinetic chain, and proprioception exercises for injury prevention and rehabilitation, as well as how Pilates apparatuses can be utilized to develop optimal strength and mechanics of the knee. Demonstration of and participation in varied classical and innovative Pilates exercises with progressions and modifications for different populations and knee problems.

Instructor: Karen Clippinger, MSPE | April 6, 9:30 - 12:30

**Maximizing Function through Pilates for Neurological Disorders**

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.

Instructor: Kristopher Bosch, DPT, ATC | April 5, 2:00 - 5:00

**The Mysterious Pelvic Floor**

Let's dispel the myths about the pelvic floor! Explore the anatomy of the pelvic floor from a Women's Health Perspective. We will review the most current issues, research and exercise for prenatal, post-partum, incontinence, pain, uterine prolapse and bladder prolapse. The mini-lectures will be followed by experiential movements on mat and Pilates apparatus to integrate the didactic topics of discussion.

Instructor: Sherri Betz, PT | April 5, 9:30 - 12:30

**Pilates for Chronic Pain**

This three hour workshop will focus on a variety of ailments often associated with chronic pain scenarios. Such things as chronic low back pain, fibromyalgia, Cancer, Irritable bowel syndrome etc will be discussed. Anderson will address modification of exercise, load and frequency to help Pilates teachers better understand the appropriate movement dosage for patients suffering from chronic pain.

Following the lecture Anderson will present a Pilates Mat Class designed for chronic low back pain.

Instructor: Brent D. Anderson, PhD, PT, OCS | April 5, 9:30 - 12:30
Pilates for Osteoporosis

Here's a shocking statistic. Worldwide, 1 out of every 2 women, and 1 out of every 4 men over age 50 has low bone density! It is essential to meet the needs of this growing population by choosing appropriate exercises, modifying standard Pilates exercise repertoire, and eliminating contra-indicated movements.

When a person with low bone density breaks a bone, they don’t feel it, and we don’t hear it. How can we prevent inadvertent injury to our clients? And as we know, spinal flexion exercises are contra-indicated for those with osteoporosis. So, if you can’t flex the spine, how do you strengthen the abdominals and keep the spine healthy? In this workshop you will learn modifications of Pilates mat and apparatus exercises for creating the perfect treatment program for the older adult with osteoporosis or osteopenia.

Topics addressed will include:

- definitions of osteoporosis/osteopenia
- the risk-factor questionnaire
- identifying the client at risk for fracture
- screening and evaluation
- post-menopause complications
- interpretation of Bone Densitometry Studies
- latest research findings
- fall and fracture prevention techniques
- balance exercises
- review of Pilates mat and apparatus modifications

Instructor: Sherri Betz, PT | April 4, 9:30 - 12:30 and 2:00 - 5:00

Pilates for Sacro-Iliac and Pelvic Girdle Dysfunction

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.

Instructor: Sherri Betz, PT | April 6, 9:30 - 12:30

GETTING STARTED: Pilates Mat Basics for Core Stability

Description: Pilates provides an effective framework for teaching core stability to clients at any level. Learn the essential Pilates principles and exercises for core stability in this in depth workshop with experienced instructor and physical therapist, Karen Sanzo. Learn it today and teach it tomorrow with these highly effective exercises.

Instructor: Karen Sanzo, PT | April 6, 2:00 - 5:00

Pilates Post-rehabilitation Programs for Hip and Knee Replacement

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.

Instructor: Elizabeth Larkam, MS Ed | April 6, 2:00 - 5:00

Pilates Psychology and Rehabilitation

This three hour workshop will focus on how a “Positive Movement Experience, without Pain” can lead to a successful outcome with patients suffering either acute or chronic pathologies. The psychology of rehabilitation is a growing field that searches out how perception of self, self reliance, fear avoidance, self efficacy, vitality and other psycho-social measures impact outcome of rehabilitation. Anderson will discuss how language, intention, expectations and heightened consciousness with Pilates movement can impact immediate results in patients and how therapists can measure and predict outcomes based on the psycho-social measures of rehabilitation. Learn how a physical intervention can have its greatest impact on the true predictors of well-being.

Instructor: Brent D. Anderson, PhD, PT, OCS | April 5, 2:00 - 5:00
Pilates Studio Programs for Improving Gait

View DVD's of Pilates studio programs that chronicle improvement in gait for clients with lower extremity injuries. Observe how the changes in gait from the Pilates studio can benefit a client with a prosthetic leg. Learn to sequence and cue unique Trapeze Table, Reformer, Chair, Barrel and Mat exercises in order to progress clients from non weight-bearing to partial weight bearing to full weight bearing. Learn to cue studio movement sequences that improve integration of the spine, pelvis, thorax and lower extremity.

Instructor: Elizabeth Larkam, MS Ed | April 6, 9:30 - 12:30

GETTING STARTED: Pushing Toward Normal Movement Patterns:

Pilates Amazing Push Through Bar

Description: Nothing coordinates spine and limb movement like the Pilates push through bar. In fact, there is no other fitness machine like it. Explore the many ways this unique apparatus can teach healthy functional movement and create muscle balance in this practical workshop.

Instructor: Christine Romani-Ruby, MPT, ATC | April 6, 9:30 - 12:30

GETTING STARTED: Reformer Applications for Healthcare Professionals

Description: This 1 day course will introduce healthcare professionals without previous Pilates experience to practical ways to use the Reformer in a Rehabilitation setting. Appropriate applications of the Pilates Reformer for special populations including fibromyalgia, total hip replacement, lumbar dysfunction/low back pain, cervical dysfunction, upper extremity dysfunction, lower extremity dysfunction and pediatrics will be covered.

Instructor: Dawn-Marie Ickes, MPT & Allyson Cabot, PT | April 4, 9:30 - 12:30 and 2:00 - 5:00

Reforming Flexibility/Enhancing Flexibility with Pilates

Many clients miss potential flexibility benefits of Pilates by failing to adequately stabilize body segments or by allowing undesired compensations to occur when end ranges of motion are approached. This workshop will provide easy assessment tools, cues, and stretches on the Reformer that can be added to a movement session without breaking the flow. The focus will be on providing exercises for the spine, hip, and shoulder that incorporate static, PNF, dynamic, and functional approaches in a progressive manner. These exercise progressions will both improve flexibility and help prepare clients for classical repertoire that demands large ranges of motion.

Instructor: Karen Clippinger, MSPE | April 4, 9:30 - 12:30 and 2:00 - 5:00

Shoulder Mechanics, Alignment and Pilates Program Design

This workshop will cover key anatomical and biomechanical principles of the shoulder complex crucial for identifying common technique errors, as well as optimizing exercise selection and injury prevention. Participants will perform exercises utilizing elastic bands and Pilates apparatuses designed to develop scapular and shoulder strength, flexibility and coordination. Technique cues, progressions, and modifications will be provided for different populations and common shoulder problems, including the impingement syndrome.

Instructor: Karen Clippinger, MSPE | April 5, 9:30 - 12:30
Brent Anderson PhD, PT, OCS, Polestar Pilates
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.

Sherri Betz, PT, Polestar Pilates, Thera Pilates
Sherri Betz, PT has been a Physical Therapist since 1991, international presenter, Polestar Pilates Principal Educator/ Examiner, Gyrotonic®/Gyrokinsis© Instructor, nominated for APTA Geriatric Clinical Specialist Award 2004, author of The Osteoporosis Exercise Book, creator of modified Pilates videos for special populations & and has continued her research on Pilates for osteoporosis and geriatrics. Sherri owns Thera Pilates® Physical Therapy and Gyrotonic Clinic, in Santa Cruz, CA and serves on the Pilates Method Alliance Board of Directors.

Marie-José Blom, Long Beach Dance Conditioning (LBDC)
Marie-José has been combining Pilates technique and dance medicine for over 20 years. Alan Herdman, a leading Pilates master in London, England, has been her primary teacher. Marie-José pioneered and founded her comprehensive Teacher Training course in 1991 at LBDC. Her courses have enjoyed national and international acclaim for their content and presentation. Marie-José is currently on faculty at Southern California’s Loyola Marymount University.

Kristopher Bosch, DPT, ATC, NorthStar Pilates, Polestar Pilates
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. Dr. Bosch works with professional, amateur, and recreational dancers & athletes in addition to the general public. Dr. Bosch currently serves as adjunct faculty within the University at Buffalo’s Department of Theater and Dance. Currently he is working toward completion of a Fellowship in Orthopaedic Manual Physical Therapy at Daemen College.

Allyson L. Cabot, PT, Core Conditioning,
Allyson graduated with a B.S. in Kinesiology from UCLA and holds a degree in Physical Therapy from CSULB. She is co-owner of Core Conditioning and has been practicing physical therapy since 1991. Allyson is an active member of the APTA, IADMS, PMA and IDEA. She is PMA Gold certified, and Gyrotonic® certified. She teaches course to Physical Therapists and Pilates instructors at conferences and workshops nationally.

Karen Clippinger, MSPE, Body Arts and Science International (BASI), California State University, Long Beach
Karen Clippinger’s life long work has focused on the application of scientific principles to enhance alignment and movement performance while reducing injury risk. She is currently a professor at California State University, Long Beach, where she teaches Anatomy, Pilates and other dance science courses. Prior to her university employment, Ms. Clippinger worked as a clinical kinesiologist for 22 years, including at Loma Linda University Medical Center. She has worked with clients ranging from those with severe limitations to elite athletes. Ms. Clippinger has given over 350 presentations internationally and throughout the United States to instructors, educators and medical professionals. She recently completed her long anticipated Dance Anatomy and Kinesiology textbook.

Dallas Everleth, Center Strength, Balanced Body University
Dallas has been teaching Pilates since 1999 and currently owns Center Strength Pilates Studio, a Pilates and rehabilitation center in Berkeley, CA. Dallas has a particular interest in the movement science behind Pilates and has studied with Marie-Jose Blom-Lawrence and Nora St John. Dallas is a Balanced Body University faculty member and has taught Anatomy in Clay nationally for the last 3 years. She studied Anatomy in Clay with founder Jon Zahourek in 2003 and continues to develop anatomy workshops of special interest to movement educators.
Dawn-Marie Ickes, MPT, Core Conditioning,
Dawn-Marie Ickes, MPT holds a Master’s in Physical Therapy from Mount Saint Mary’s College. She is certified in Pilates and was elected to the first national board of Directors for the Pilates Method Alliance in 2001. As both a physical therapist and a Pilates instructor, she teaches workshops on pediatrics, prosthetics and women’s health and develops training programs for health care professionals interested in integrating Pilates and rehabilitation.

Elizabeth Larkam, Pilates and Beyond, Western Athletic Clubs,
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 where she developed Pilates protocols for orthopedic and spine diagnoses. Educated in the original Pilates techniques by the Pilates elders, Elizabeth is a PMA Gold certified Pilates instructor, Guild certified Feldenkrais Practitioner, Gyrotonic ® and Gyrokinesis ® 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. 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 and presents at national and international conferences.

Naomi Leiserson, Turning Point Studios, Balanced Body University
Naomi began teaching Pilates in 1993 at Saint Francis Memorial Hospital. She is certified in Pilates through Core Dynamics in Santa Fe and holds additional certifications in Gyrotonic, Orthopedic Massage and the Franklin Method and studied Anatomy in Clay with founder Jon Zahourek. She applies her skills to clients with orthopedic injuries and uses anatomy to design effective programs for clients of all kinds. She is the co-director of the Pilates Instructor Training program at Turning Point Studios.

Suzanne Martin, DPT, Total Body Development
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.

Christine Romani-Ruby, MPT, ATC, PHI Pilates
Christine is a rarity in the Pilates world — an experienced Pilates professional with a strong background in physical therapy and fitness. She is a frequent presenter at international fitness and rehabilitation conferences such as NATA, IHRSA, Club Industry, IDEA World, Filex, and Can Fit. Christine holds a masters in Physical Therapy from Slippery Rock University, a double BS in natural science and exercise science from Indiana University of PA, and a certificate in Athletic Training from West Chester University. She is a licensed physical therapist, an assistant professor in the Physical Therapist Assistant program at California University of Pennsylvania, an AFAA certification specialist, an ACE faculty member, a certified athletic trainer, and a certified instructor of the Method. An international presenter, Christine is the CEO of PHI Pilates. She is the co-author of The Pilates Reformer Manual, The Pilates Mat Manual, and the co-star of six Pilates videos. She has written for and has been interviewed for articles in IDEA Health and Fitness Source, PT News Line, PT Advance for Directors, Self Magazine, Club Business International, and many others. Presently she is a doctoral candidate in education at Indiana University of PA.

Karen Sanzo, MS, PT, Pilates Unlimited
Combining her Physical Therapy expertise and her in-depth knowledge of the Pilates repertoire, Karen is able to focus on the essential relationship and inter-dependency of body and mind and how it affects one's complete health picture. In a clear and deliberate manner, she guides her students and clients toward a new awareness of the complex mechanics of their own bodies. Certifications include Glenn Studio, The Professional Health and Fitness Institute, and The Pilates Center of Austin’s CoreConnections ®. Continuing education classes have been with Michele Larssen, Ron Fletcher, Paul Gordon, Karen Prechtel, Susan Moran-Perich, Michael Miller, and Gary Calderone along with numerous workshops on cadaver dissection, motor planning and biomechanics.
**Special Events**

**Friday Night Reception 6:00 pm 8:00 pm**

**Pilates Performance by Elizabeth Larkam and Valentin**
Open to All! PilatesPerformance, a unique art form, takes Pilates far beyond fitness, rehabilitation, and sports-specific conditioning to explore expressive possibilities of body-mind-spirit. Elizabeth Larkam choreographs for and directs professional instructors with backgrounds in dance, yoga, Pilates, Gyrotonic and Gyrokinesis. Since its inception in January 2001, PilatesPerformance has appeared at major fitness conventions, Pilates conferences and local studio throughout the world. Come and enjoy the show!

**Ken Endelman Pilates Presentation**
Ken Endelman, the president and founder of Balanced Body will speak about Pilates equipment and the history of Pilates from his unique perspective.

**Saturday Afternoon 1:30 - 2:00**

**Key Note Address**
Pilates and Rehabilitation by Dr. Brent Anderson, PhD, PT, OCS, Polestar Pilates

**Fri/Sat/Sun Lunchtime activities**

**Meet photojournalist I.C. Rapoport**
Come meet photojournalist I.C. Rapoport, who photographed Joe Pilates in 1961. Mr. Rapoport will be available to sign prints during the event!

**New Equipment**
Check out a brand new movement experience on the CoreAlign, designed to improve posture, balance and functional movement patterns with its creator Jonathan Hoffman, PT.

**Discussions**
Join one of the “Topic Tables” during lunch to discuss special conditions, business ideas and other Pilates and rehabilitation oriented subjects with experienced practitioners.
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9:30 AM to 12:30 PM
Pilates for Sacro-Iliac and Pelvic Girdle Dysfunction
Instructor: Sherril Betz, PT
Knee Biomechanics & Pilates Program Design
Instructor: Dawn Allen, BSc, MPT & Allyson Cabot, PT
BUSINESS TRACK: Expanding your Practice into Wellness
Instructor: Christine Romani-Ruby, MPT, ATC
Getting Started:
Pushing Toward Normal Movement: Pilates Amazing Push Through Bar
Instructor: Christine Romani-Ruby, MPT, ATC
First Annual Pilates Rehabilitation Summit
Phoenix, AZ
April 4-6, 2008