

Pilates Trainer (Rehab) for Physiotherapists

 Cantonese

Pilates Trainer (Rehab) is a program designed for physiotherapists to deeply understand how to integrate the Pilates concept into rehabilitation practice.



What Will Be Covered?

- 1 Spinal Column:** Includes conditions such as PID, scoliosis, and spondylolisthesis.
- 2 Upper Quadrant:** Includes shoulder impingement and frozen shoulder.
- 3 Lower Quadrant:** Includes OA knee and hip replacement.

Updated research and clinical case studies are included to enhance learning and practical application.

Why Choose Pilates Trainer (Rehab)?

This program is taught by experienced physiotherapist with over 10 years of expertise in Pilates for rehabilitation. It provides a step-by-step approach, starting with low-complexity exercises suitable for highly irritable patients and progressing to advanced functional movements for less severe cases.

The course focuses on relieving symptoms, empowering patients with a sense of control, and reducing re-injury risks. It covers exercises on mats, mats with props, and Pilates equipment like the reformer. These exercises are clinically proven to be safe and effective across various conditions.



Course assessment:

Group presentation on cases during the course

- Day1: 8 Mar, 2025 (sat) 2pm-8pm** ⌚
Day2: 9 Mar, 2025 (sun) 9am-6pm ⌚
Day3: 22 Mar, 2025 (sat) 2pm-8pm ⌚
Day4: 23 Mar, 2025 (sun) 9am-6pm ⌚

Total hours: **28 hours**

Medium of instruction: **Cantonese**

Distinct Features of the Course

- 1** Pilates application specifically for physiotherapists with CPD accreditation.
- 2** Group presentations to promote learning and clinical application.
- 3** Coverage of common musculoskeletal conditions encountered by physiotherapists.
- 4** Clinical case discussions and interactive presentations.



Group Price (3 ppl or above): **HK\$7,900 / Per Person**

 **HKPU Members: HK\$7,900**

AA Alumni: HK\$8,500

Regular Price: HK\$8,800

Lecturer

Michelle LAM

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BASI™ Pilates Senior Faculty Member
Registered Physiotherapist (HK & Australia)

