



# MODERN PILATES

## Initial Assessment Workshop

Assessing Clients with Complex Health Issues and Movement Limitations

**Presenter:** Penny Latey MSc. PhD

**Venue:**

The Modern Pilates Studio – 3/8 Northcote Street, Naremburn and also live via Zoom.

**Participant Numbers:** Capped at 14 to ensure ample time and freedom to discuss individual case studies and any other questions participants have while completing the assessment task.

**Cost:** \$590

**Workshop Details:**

The Initial Assessment workshop is the foundation workshop in a series of workshops to be held focusing on working with clients who require therapeutic Pilates intervention.

The workshop will cover assessment procedures and exercise prescription for therapeutic Pilates, which Penny developed for the post graduate certificate run at UTS. This workshop has been approved for 8 CEC/PDP's by both the APMA and PAA.

- Assessment procedures involve a series of functional movement tests for different body regions to determine the client's pain free ROM, strength and coordination.
- Movement Tests inform initial exercise prescription for safe client specific therapeutic Pilates. This is particularly important for clients who have significant or complex movement limitations and co-morbidities.

This workshop will be delivered over 2 x 4 hour sessions (eight hours face to face) and will include a practical assessment task to be completed between session 1 and session 2.

During the workshop Penny will:

- Complete several full assessments with clients who have movement limitations.
- Demonstrate specific functional movement tests.

- Provide exercises that can be used with new clients with compromised movement ability as well as exercise modifications for these clients.

At the end of this workshop participants will be able to:

- Complete a full case history.
- Know how to apply a range of functional movement tests and be able to tailor initial therapeutic exercises safely and effectively.
- Assist the client to manage their condition or musculoskeletal problems with specific exercises.
- Understand some of the problems associated with complex cases.

The practical task between session 1 and session 2 will involve completing a full case history and assessment with a “client” using the assessment form that will be used during Session 1, and provided to participants as part of their workshop manual. Completing this assessment task after the first session, and prior to the second session, will give participants the opportunity to then discuss their assessments, and any questions they have arising from these assessments, at the second session, where there will be ample time dedicated to a Q&A based on this task.