



Pilates for Injuries & Pathologies



Date: April 20 – 22, 2012

Time: 10AM – 5PM

Location: Body in Motion
783 Rio Del Mar Blvd.
Suites 55 & 57
Aptos (Santa Cruz), CA
831-685-1779

Instructor: **Samantha Wood**, MPT,
MBA, PMA-CPT, RYT

Price: \$900

Details: This course is approved
by the PMA for 15 CECs

This three-day certificate course presents a Physical Therapy approach to working with clients who have injuries, physical limitations, or movement dysfunctions. Focusing primarily on the cervical and lumbar spine, shoulder, hip, knee, ankle and foot, the course covers functional anatomy, biomechanics and a review of current literature. Specific injuries and pathologies, such as disc disease, post-surgical conditions, rotator cuff syndrome, tendinopathies and osteoarthritis, are examined. Students learn about precautions and/or contraindications for these conditions, as well as exercise options and modifications to the original BASI Pilates repertoire. The course also deals with the benefits of Pilates for people suffering from systemic diseases, such as fibromyalgia, RA, and lupus. Course participants learn safe ways to work with clients who suffer from some of the most commonly encountered pathologies and injuries, via lectures, discussions, demonstrations and practice. Course manual is included and participants receive a certificate of completion.

Register online at www.basipilates.com or call 866-992-2742

Samantha is a licensed physical therapist since 1997, a Yoga Alliance certified teacher, and an international educator and Associate Faculty member for BASI Pilates®. She has an MBA from USC and is the co-owner of The Cypress Center in Pacific Palisades, CA where Pilates is integrated with physical therapy for people of all ages and abilities. Samantha's clinical expertise includes Pilates-based rehabilitation, yoga therapy, orthopedics, sports therapy, and functional rehabilitation. She began her career in sports medicine as a student athletic trainer at USC. Since then, she has worked with many celebrities and professional athletes. While at HealthSouth in Arizona, she was the PT for the Phoenix Suns, Phoenix Coyotes, Phoenix Mercury, and Arizona Rattlers. Samantha began her Pilates studies in 2001 with Rael Isacowitz and over the years since has attended many of Rael's advanced courses, including the prestigious Mentor and Master Programs. She is passionate about Pilates and how it can enhance healing in injured clients and enjoys sharing her knowledge and experience with others.

