

Glasgow Royal Infirmary Matwork Course

DMA Clinical Pilates Level 2 introduces further exercises and modification to build on the previous level repertoire. A wider range of shoulder girdle work is introduced incorporating cervical spine management tools.

Matwork exercises taught in this level are linked to theraband work for ideal facilitation of stability musculature and to enhance the clinical treatment options for both clinica and home based programs.



Clinical Pilates helps you to manage patient pathology by

- Addressing the relationship between hypermobility and instability
- Invaluable assessment and management tools for handling complex patients based on emerging evidence
- Up to date pelvic floor research addressing both male and female populations
- Exercises as clinical assessment tests and treatment tools
- Patient subgrouping
- Setting heterogenous / patient specific programmes
- Identifying & setting treatment outcome predictors
- Structural differential diagnosis tools – is it functional or structural?
- Gaining effective patient compliance
- Case studies



Level 2

28/29 April 2012

Glasgow Royal Infirmary - Musculoskeletal Outpatients
Ground Floor , Queen Elizabeth Building
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Course Presenter, Louise Huntley

COST
£250
PER LEVEL

bookings/information/enquires

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Accredited by: