

REGISTER BY MAIL

Moving Beyond Core Strength

Receipts Sent Via Email - Please Print Clearly!

ATTENTION: Copy as needed for each attendee or print additional forms at www.summit-education.com

Name* EMAIL OR PHONE # REQUIRED! _____

Email* _____

Profession/Job Title* _____

Organization _____

Billing Address* _____

Address2 _____

City* _____ State* _____ Zip* _____

Phone* EMAIL OR PHONE # REQUIRED! _____ Ext. _____

CE Renewal Date (MM) / (YY) _____ License Cycle Length (YRS) _____

Payment Required for Registration

Check, credit card or PO# MUST accompany registration form.

Price _____ X Quantity _____ = Total _____

Check enclosed, payable to Summit Professional Education

PO#: _____ (PO FORM required for registration)

VISA MC Amex Discover

Cardholder's Name: _____

Card #: _____

Exp. Date: _____ 3 Digit CSC/CVC: _____

PLEASE RETURN ENTIRE PANEL



REGISTER www.summit-education.com or call 800-433-9570



St. Cloud, MN
October 10, 2014
Minneapolis, MN
October 11, 2014

Check the Workshop You Will Attend:

Rochester, MN - October 09, 2014

Minneapolis, MN - October 11, 2014

St. Cloud, MN - October 10, 2014

Pricing*

All prices are per person

EARLY

\$179 | Single Person

\$169 | 2-4 People

\$149 | 5+ People

REGULAR

\$199 | Single Person

\$189 | 2-4 People

\$169 | 5+ People

*Early registration must be received 14 days prior to workshop.

GROUPS: Registrations and payment must be received together via fax or mail. You may also register online if payment is with a single credit card.

Easy Registration!

1. Online: www.summit-education.com

2. Phone: (800) 433-9570

3. Fax: (615) 376-8233

4. Mail: Summit Professional Education
PO Box 908 | Franklin, TN 37065

Summit Professional Education

PO Box 908

Franklin, TN 37065

PRSR STD
U.S. POSTAGE
PAID
Nashville, TN
PERMIT NO. 508

PRIORITY CODE:

PPILSP.1014.1

The Therapist's Toolbox™ Live Workshop Series

Moving Beyond Core Strength

Evidence-Based Pilates for Functional Orthopedic Rehabilitation



Benefits to Attending

- **HANDS-ON LABS** for flexibility, strength, breathing, core control, and movement
- Immediately **implement exercises** that improve functional progression **the next day**
- Enhance exercise prescription reasoning
- **Integrate Pilates** exercises for functional movement
- Modifications for varying injuries and conditions
- Obtain **evidence basis** for Pilates and core conditioning

Who Should Attend

- PTs/PTAs
- OTs/OTAs
- Pilates Instructors
- Fitness Instructors
- Rehabilitation Professionals
- Strength & Conditioning Coaches
- Hand Therapists
- Athletic Trainers
- Kinesiotherapists
- Personal Trainers

REGISTER

www.summit-education.com or call 800-433-9570



Workshop Dates

Rochester, MN

October 09, 2014

St. Cloud, MN

October 10, 2014

Minneapolis, MN

October 11, 2014

SCAN HERE



Help? www.tinyurl.com/qrhelp



Moving Beyond Core Strength

Evidence-Based Pilates for Functional Orthopedic Rehabilitation

The Therapist's Toolbox™ Live Workshop Series

Sarah Petrich, DPT, PRC, PMA@-CPT, is a licensed physical therapist and Pilates instructor with Studio U, an orthopedic Pilates studio in Minneapolis, MN. Dr. Petrich has worked in a variety of orthopedic outpatient settings including both sports medicine and chronic pain facilities.

Benefits to Attending

- **HANDS-ON LABS** for flexibility, strength, breathing, core control, and movement
- Immediately **implement exercises** that improve functional progression **the next day**
- Enhance exercise prescription reasoning
- **Integrate Pilates** exercises for functional movement
- Modifications for varying injuries and conditions
- Obtain **evidence basis** for Pilates and core conditioning

Workshop Dates

Rochester, MN
October 09, 2014

St. Cloud, MN
October 10, 2014

Minneapolis, MN
October 11, 2014



Moving Beyond Core Strength

Evidence-Based Pilates for Functional Orthopedic Rehabilitation

As a pioneer in movement and exercise, Joseph Pilates observed the importance of core stabilization as well as other important principles of movement. In the 1930's he utilized these principles in the creation of his own exercise program. Decades later, the evidence is clear, Joseph Pilates was correct - the importance of core stabilization is vital to effective spinal rehabilitation and the rehab of multiple other injuries. Since inception, the Pilates community has continued to evolve his approach and it is now used in both exercise and rehabilitation settings to improve posture, flexibility, and muscular balance.

This workshop will summarize the evidence of Pilates and instruct clinicians on implementing the basic principles of Pilates into evidence-based practice. Each principle will be practiced using multiple exercises throughout the day with considerations for specific injuries and learning appropriate modifications based on the patients' needs. Learn evidence-based exercise techniques which best activate & facilitate the desired muscles while inhibiting others. Ultimately, each participant will enhance their reasoning for prescribing specific exercises, be more effective at instructing the exercises and be able to progress patients to greater efficient functional movement.

About Your Program Instructor

Sarah Petrich, DPT, PRC, PMA®-CPT, is a licensed physical therapist and Pilates instructor with Studio U, an orthopedic Pilates studio in Minneapolis, MN. Dr. Petrich has worked in a variety of orthopedic outpatient settings including both sports medicine and chronic pain facilities. She has specializes in functional movement and has extensive experience with therapeutic exercise, neuromuscular re-education and manual therapy treatment techniques as well as a variety of post-surgical and orthopedic pathologies. Dr. Petrich holds a certification in Postural Restoration and Pilates through the Pilates Method Alliance. She is a Polestar Pilates Practitioner with the rehab based Polestar Pilates program and is also proficient in both Stott and Balanced Body training. Dr. Petrich received her Bachelor's degree in Exercise Science, her Master's degree in Physical Therapy and her Doctorate in Physical Therapy from the College of St. Catherine in Minneapolis, MN. She is a founding member of the Minnesota Dance Medicine Foundation (MDMF) where she volunteers to manage and treat at their non-profit clinic for underinsured dancers and promotes dance health through research and community education.

Learning Objectives

1. Explain the principles of Pilates and their importance in efficient movement and mechanics.
2. Develop effective treatment strategies using Pilates principles and methods.
3. Determine exercises most appropriate for spine, shoulder, hip and knee pathologies.
4. Perform modifications to exercises based on individual diagnoses and impairments.
5. Integrate principles of Pilates for functional movement into exercise plans.
6. Summarize the evidence basis of Pilates in clinical practice.

Join Our Faculty

Summit Professional Education is currently seeking qualified professionals to develop and teach workshops nationally. Visit www.summit-education.com/instructor for more information.

Workshop Outline

I. About Pilates

- » History of Pilates
- » Pilates principles

II. Examination Considerations

- » Spinal position/Postural faults
- » Flexibility/Strength
- » Neuromuscular patterns

HANDS-ON LAB

III. Pilates Basics

- » Breathing
- » Alignment/Core control
- » Spinal articulation
- » Weight bearing
- » Movement & functional integration

HANDS-ON LAB

IV. Modifications

- » Precautions/Contraindications
- » Props & proprioception
- » Working with asymmetries

HANDS-ON LAB

V. Treatment Planning

- » Functional movement progression
- » Proprioception considerations

HANDS-ON LAB

VI. Evidence and Documentation

- » Evidence-based research
- » Documentation considerations
- » Wrap-up

Please dress comfortably for lab participation. Please bring exercise/yoga mat and foam roller, if available.

Workshop Schedule

- 7:30am – Registration & Breakfast
- 8:00am – Workshop Begins
- 11:30am - 12:30pm – Lunch On Your Own
- 3:30pm – Workshop Adjourns

Your instructor will break for 15 minutes in the morning and afternoon at appropriate times.

Continuing Education Credit

Occupational Therapists - Summit Professional Education is an AOTA Approved Provider of continuing education - provider #5873. This program is offered for 0.6 AOTA CEUs (6.0 contact hours). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Physical Therapists – IA: This course meets the requirements of the Iowa Department of Public Health Bureau of Professional Licensure for continuing education for physical therapists, 6.0 hours. **MN:** This program has been submitted to the MN Board of Physical Therapy for approval for Minnesota Category 1 continuing Education credits, 6.0 hours. **WI:** This course meets the requirements of an acceptable continuing education activity as per chapter PT 9.04.1 and PT 9.04.2 of the Wisconsin Administrative Code and the Physical Therapists Affiliated Credentialing Board and is offered for 6.0 contact hours.

Athletic Trainers - Summit Professional Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.0 hours of category A continuing education. Certified Athletic trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P3785.

Kinesiotherapists - This course has been approved by the Continuing Competency Board for Kinesiotherapy as meeting the professional development requirements of the Council on Professional Standards for Kinesiotherapy (COPS-KT), 6.0 contact hours (0.6 CEUs).

Strength and Conditioning Coaches – This course has been submitted for approval to the National Strength and Conditioning Association Certification Commission for Certified Strength and Conditioning Specialist (NSCA-CSCS) for 0.6 CEU or 6.0 contact hours of continuing education, provider #11059.

Personal Trainers - This course has been submitted for approval to the National Strength and Conditioning Association Certification Commission for Certified Personal Trainer (NSCA-CPT) for 0.6 CEU or 6.0 contact hours of continuing education, provider #11059.

Hand Therapists - This course offers 6.0 contact hours each of Category C, Formal Courses with General OT or PT Content, hand therapy education.

Rehabilitation, Sports Medicine and Other Professionals - This seminar qualifies for 6.0 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

These events contain intermediate level content.

SATISFACTORY COMPLETION

Participants must pay tuition fee, sign in, attend the entire seminar, complete an evaluation and sign out in order to receive a certificate of completion. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire workshop. No exceptions will be made. Partial credit is not available.

WORKSHOP HANDBOOK

Included with your registration you will receive a comprehensive manual compiled by the instructor.

DISCLOSURES: Guidelines exist whereby all speakers must disclose any relevant relationships. Sarah Petrich is compensated by Summit as an instructor. She has no non-financial relationships to disclose.

SCOPE OF PRACTICE: Workshop content is not intended for use by participants outside of the regulatory scope of practice of their license(s). You are responsible for knowing what lies within and without your professional scope of practice.

Have continuing education credit questions? Please email our CE Department at ceinfo@summit-education.com for the latest approval status.

THE SUMMIT GUARANTEE

Summit Professional Education is a national leader in high-quality educational products and services for today's professional. Our seminars and training programs are designed to help professionals achieve improved performance and results in all areas. Our faculty is the "best of the best" in their fields of expertise, providing programs that really make a difference to participants. If for any reason you are not satisfied with the program, simply notify the registrar of your intent to withdraw from the program prior to the first morning break, turn in your workshop materials and receive a 100% refund or credit on a future program.

REGISTRATION, CONFIRMATION & CERTIFICATES

Confirmations of registration will be sent via email. A copy of your registration confirmation will serve as

your receipt for fees paid at the time of registration. Walk-ins are welcome but must register onsite. Please notify us at least thirty (30) days in advance if you have special needs or require assistance. Certificates are mailed to the seminar location 5 business days in advance. If your certificate is not available the day of the seminar, please complete a certificate request onsite and a copy will be sent to you. Hotel locations must occasionally be adjusted. Please provide an email address and phone number to receive any important updates.

SUBSTITUTION & CANCELLATION POLICY

Substitutions may be made at any time. Requests for cancellation must be received in writing by fax or mail ten (10) days prior to the seminar in order to receive a refund less a \$20.00 administrative charge per canceled

attendee. If the cancellation is made within ten days or less, refunds will not be granted for any reason. A credit voucher will be issued that may be used toward a future seminar. Credit vouchers are transferable and do not expire. In cases of inclement weather where the seminar is conducted as scheduled, you may request a credit voucher toward a future seminar. If we must cancel or change the seminar for any reason, our liability is limited to the cost of tuition. If you register and do not attend, you are still responsible for payment.

W-9: To download a copy, logon to www.summit-education.com/w-9
FEID Number: 47-1189590



800-433-9570 | www.summit-education.com