

Course Title:	Pilates in Rehabilitation
	3 <sup>rd</sup> intake
Location:	Cairo- Egypt
Date:	10 <sup>th</sup> -11 <sup>th</sup> April 2020 From 9 am to 5 pm
Tutor:	Tutor: <b>Fatma El Bakry</b> BSc, CMckT, CMP, CPT Certified manual therapist. Certified Mckenzi therapist. Certified Mulligan therapist. Certified STOTT Pilates instructor
Topics to be covered:	<p>Objectives:</p> <ul style="list-style-type: none"> <li>• Introducing Pilates concept of exercise</li> <li>• Principles of Pilates in rehabilitation</li> <li>• Practice and modify Pilates based exercises for the whole body segments</li> <li>• Using outcome measure to progress your exercise plan</li> <li>• Use different tools to modify your exercise plan</li> <li>• Design a Pilates based exercise rehabilitation program for wide range of MSK and sports based cases (LBP, Scapular mobility deficit, Scoliosis, Ankle stability, anterior knee pain, ACL and meniscus rehabilitations, elbow medial and lateral pain, Hip pain/pathologies)</li> </ul> <p>By End of this course the participants will be able to</p> <ul style="list-style-type: none"> <li>• Know Pilates principle of rehabilitation and how to implement it within their practice/ rehabilitation</li> <li>• Practice a wide range of Pilates bases exercises</li> <li>• Clinically analyze the patient performance of an exercises and how to modify it in a regressive or progressive forms</li> <li>• Design a rehabilitation Pilates based exercise program for a range of musculoskeletal cases</li> </ul>
Pre-requisites	For Physiotherapists
Fee	<p>National :</p> <p>Early Bird Registration (First 10 seats): Primephysio &amp; OMTA members: 850 EGP New Comers: 1000 EGP</p> <p>Normal Registration: Primephysio &amp; OMTA members: 1000 EGP New Comers: 1200 EGP</p>

	<p>Overseas:</p> <p>Early Bird Registration (First 10 seats):</p> <p>Primephysio &amp; OMTA members: 150 USD</p> <p>New Comers: 200 USD</p> <p>Normal Registration:</p> <p>Primephysio &amp; OMTA members: 200 USD</p> <p>New Comers: 250 USD</p>
Method of payment	<p>This Fee covers:</p> <ul style="list-style-type: none"> <li>• Attendance of course</li> <li>• Certificate of attendance by Primephysio UK</li> <li>• Coffee break</li> </ul> <p>Cash deposit: 68 Gameet Eldwal Alarabia st, Mohandeseen, Giza, Egypt</p> <p>Bank Transfer to:</p> <p>National bank of Egypt Account Name: Mahmoud elsayed saad ahmed - prime for training and consultancy Egyptian Pound Account no: 1683070719957901011 Agouza branch</p>
Inquiries and Booking	<p>Please email the transfer acknowledgment to <a href="mailto:info@primephysio.com">info@primephysio.com</a> Once proof of payment is received, we will send you the confirmation. If you didn't hear from us within 2 working days after registration and payment, please contact <a href="mailto:info@primephysio.com">info@primephysio.com</a> Seats are confirmed only after receiving the payments and completion of the online registration form. Confirmation letter /Text will be sent to the candidates</p>
Others:	<ul style="list-style-type: none"> <li>• Call : +201003204374-+201282624202</li> <li>• Email: <a href="mailto:info@primephysio.com">info@primephysio.com</a></li> </ul> <p>REFUND POLICY CANCELLATION:</p> <p><a href="https://www.primephysio.com/terms-conditions">https://www.primephysio.com/terms-conditions</a></p>