

Pilates In Rehabilitation Course



Location: Cairo - Egypt

Date: 13-14 January 2022

Time: From 9 am to 5 pm

Tutor:

Dr. Fatma El-Bakry

BSc, CMckT, CMP, CPT

- * Primephysio & OMTA Senior Tutor. UK
- * Senior Musculoskeletal Physiotherapist. Egypt
- * Kinetic Control Tutor. UK



* Pilates Instructor. STOTT.

Topics to be covered:

- Introducing Pilates concept of exercise
- Principles of Pilates in rehabilitation
- Practice and modify Pilates based exercises for the whole body segments
- Using outcome measure to progress your exercise plan
- Use different tools to modify your exercise plan
- 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)

By End of this course the participants will be able to

- Know Pilates principle of rehabilitation and how to implement it within their practice/ rehabilitation
- Practice a wide range of Pilates bases exercises
- Clinically analyze the patient performance of an exercises and how to modify it in a regressive or progressive forms
- Design a rehabilitation Pilates based exercise program for a range of musculoskeletal cases

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Prerequisites:

For Physiotherapists

Internship students and graduates

Course fee:

National registration:

Early bird registration:

First 10 Seats

Old Members: 700 L.E

New Comers: 800 L.E

Normal registration:

First 10 Seats

Old Members: 850 L.E

New Comers: 1000 L.E

International registration:

Early bird registration:

First 10 Seats

Old Members: 100 USD

New Comers: 150 USD

Normal registration:

First 10 Seats

Old Members: 150 USD

New Comers: 200 USD

Payment method:

Through our office: 72 Ahmed El-Zayat St. Dokki. Giza Governorate
(In front of Faculty Of Physical Therapy Cairo University)
Or via bank transfer

For inquiries & booking:



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