

A. Scolio-Pilates Course Description

Scolio-Pilates is a three-dimensional approach to scoliosis in a Pilates exercise environment. The approach is evidence-based and based on four strategies to improvement: 1) Elongation
2) Breathing Techniques, 3) Corrective positioning towards neutral and 4) Strengthening.



B. Goals.

1. Pilates instructors will learn to observe the components of the scoliotic spine in three planes of movement at all levels of the spine: cervical, thoracic, lumbar and pelvic changes.
2. Pilates instructor will learn to use evidence-based 3-dimensional corrective techniques to all levels of spine change.
3. Pilates instructor will learn to apply evidence-based breathing and strengthening techniques to maintain the 3-dimensional correction.

C. Scolio-Pilates Course Objectives

1. To move the scoliotic spine closer to neutral.
2. To apply Pilates exercises once in neutral has been achieved.
3. To increase knowledge of anatomy and changes of spine concurrent with scoliosis.

D. Scolio-Pilates Course Breakdown

Part 1

1. History of Scoliosis Management.
2. Scoliosis Treatment Today.
3. Causes of Scoliosis
4. Causes of Scoliosis continued.
5. Anatomy of Scoliosis.

Part 2

1. Assessing S and C-Curves on four levels:
 - a. Assessing changes of cervical, thoracic, lumbar and pelvis regions.

Part 3

1. Correcting scoliosis 3-dimensionally in Supine.
2. Supine Breathing techniques to assist corrections and provide strengthening.

Part 4

1. Correcting scoliosis 3-dimensionally in Prone.
2. Prone Breathing techniques to assist corrections and provide strengthening.
3. Correcting scoliosis 3-dimensionally in Side-lying.
4. Side-lying Breathing techniques to assist corrections and provide strengthening.

Part 5

1. Correcting scoliosis 3-dimensionally in Quadruped.
2. Quadruped Breathing techniques to assist corrections and provide strengthening.
3. Correcting scoliosis 3-dimensionally in Seated.
4. Seated Breathing techniques to assist corrections and provide strengthening.
5. Correcting scoliosis 3-dimensionally in Standing.
6. Standing Breathing techniques to assist corrections and provide strengthening.

Part 6

1. Elongation Exercises for bringing the spine closer to neutral.
2. Using Pilates to assist elongation exercises.
3. Strengthening in 3-Dimensions in Supine.
4. Exercises this hour focus on using the Pilates equipment and mat work to assist in therapeutic exercises that work with 3-dimensional corrections.

Part 7

1. Strengthening in 3-Dimensions in Seated.
2. Exercises this hour focus on using the Pilates equipment and mat work to assist in therapeutic exercises that work with 3-dimensional corrections.

Part 8

1. Strengthening in 3-Dimensions in Prone.
2. Exercises this hour focus on using the Pilates equipment and mat work to assist in therapeutic exercises that work with 3-dimensional corrections.

Part 9

1. Strengthening in 3-Dimensions in Side-lying.
2. Exercises this hour focus on using the Pilates equipment and mat work to assist in therapeutic exercises that work with 3-dimensional corrections.

Part 10

1. Strengthening in 3-Dimensions in Quadruped and Standing.
2. Exercises this hour focus on using the Pilates equipment and mat work to assist in therapeutic exercises that work with 3-dimensional corrections.