

## **REFORMER APPLICATIONS FOR HEALTHCARE PROFESSIONALS**

### **Dawn-Marie Ickes / Allyson Cabot**

#### **Dawn-Marie Ickes MPT**

Dawn-Marie Ickes, MPT is co-owner of Core Conditioning. She holds a B.S. in Biology from Loyola Marymount University and a Masters in Physical Therapy from Mount Saint Mary's College.

She is PMA Gold Certified in Pilates and was elected to the first national board of directors for the Pilates Method Alliance in 2001. She is a licensed physical therapist who has been teaching workshops in the areas of pediatrics, prosthetics and woman's health for the past 9 years in addition to developing educational programs for health care professionals integrating Pilates and rehabilitation. Her clinical experience includes Pre and Post natal rehabilitation, pediatric orthopedics, neurology and sports medicine. She has been published in a variety of Physical Therapy related publications and presented nationally since 1997. She is an active member of the APTA, IADMS and the PMA. She has lectured both nationally and internationally on the topic of Pilates for rehabilitation (topics include: Pilates for pre-natal and post-partum, for dancers, for lumbar and shoulder dysfunction and more).

**COURSE DESCRIPTION:** This 1 day course will introduce healthcare professionals without previous Pilates experience to practical ways to use the Reformer in a Rehabilitation setting. Appropriate applications of the Pilates Reformer for special populations including fibromyalgia, total hip replacement, lumbar dysfunction/low back pain, cervical dysfunction, upper extremity dysfunction, lower extremity dysfunction and pediatrics will be covered.

#### **COURSE OBJECTIVES:**

- Participants will develop an understanding of the fundamentals and principles of the Pilates method.
- Instruction will cover how to safely prepare equipment and instruct clients of varying levels of physical fitness in a Pilates based therapeutic exercise program
- Participants will be instructed in Pilates and functional therapeutic exercises on the Reformer for Special Populations.
- Have an understanding of indications and contraindications as they relate to the Reformer for specific injuries / dysfunctions and special circumstances.
- Participants will be able to describe specific simplifications and modifications to the Pilates repertoire addressing alignment dysfunctions and demonstrating how subtle changes can significantly affect the efficiency of movement.

#### **COURSE OUTLINE:**

9:30-10:15 Introduction, history of Pilates, core concepts

10:15-11:00 Pilates Fundamentals  
11:00-12:30 Reformer Applications for the Lower Quadrant and related diagnoses  
12:30-1:30 LUNCH  
2:00-3:15 Reformer Applications for the Upper Quadrant and related diagnoses  
3:15-4:15 Reformer Applications for the Spine and related diagnoses  
4:15-4:45 Reformer Applications for the Pediatric client  
4:45-5:00 Questions

#### **BIBLIOGRAPHY:**

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