

STOTT PILATES®

ISP Injuries & Special Populations

The STOTT PILATES® Injuries & Special Populations course develops the skills to address a broad range of physical challenges among clients. Learn to customize workouts to address weaknesses, health conditions, postural problems or injuries (but not to diagnose specific injuries).

the next step



Interested in new subject matter or want to become a specialist? Consider Workshops and Specialty Tracks.

Instructors Learn:

- Approaches to rehabilitating an injured musculoskeletal system
- Anatomy and biomechanics, dysfunctions, pathologies, and exercise modifications in the lumbo-pelvic, cervical, upper quadrant, shoulder, elbow, wrist, hip, knee, ankle and foot regions
- Pregnancy, fibromyalgia and other special conditions plus workout design
- Appropriate modification of Matwork, Reformer, Cadillac, Stability Chair™ and Barrel exercises including variations with light equipment.

Prerequisites:



Equipment Presented:

- | | | |
|----------------------------|------------------------|-----------------------------------|
| • Floor Mat | • Toning Balls™ | • Fitness Circle® resistance ring |
| • Flex-Band® exerciser | • Stability Ball™ | • BOSU®* balance trainer |
| • Foam Roller | • Rotational Disks | • Reformer w/Vertical Frame |
| • Pilates Edge™ | • Reformer Box | • Cadillac Trapeze Table |
| • Jumpboard | • Extension Straps | • Padded Platform Extender |
| • Spine Corrector | • Spine Supporter | • Split-Pedal Stability Chair™ |
| • Arc Barrel | • Ladder Barrel | • Foam Cushions A & C |
| • Eco-Friendly Pilates Pad | • Mini Stability Ball™ | • Rotational Diskboard |
| • Foam Grip Handles | | |

Required Course Materials:

- 2 manuals: *ISP Resource Guide*; *ISP Support Material*
- 2 DVDs: *Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*; *Back Care Repertoire (includes: Be Kind to Your Spine; Pain-Free Posture; Standing Tall)*
- Students should bring anatomy books

Recommended Materials:

- DVDs: *Prenatal Pilates on Equipment*; *Prenatal Pilates on the Mat*; *Prenatal Pilates on the Edge*; *Prenatal Pilates on the Ball*; *Post-natal Pilates*; *Armchair Pilates*; *Armchair Pilates Plus*; *Dynamic Armchair Pilates*; *Armchair Pilates with Handweights*; *Breast Cancer Rehab on Equipment*; *Pilates for Breast Cancer Rehab*; *Spinal, Pelvic & Scapular Stabilization on Equipment*; *Peripheral Joint Stabilization on Equipment*; *Peripheral Joint Stabilization with Reformer & Vertical Frame*;

Duration:

- 24 hours

Certification:

Successful completion of the ISP course is required to gain full certification.

Cost for Students

ISP – 24 hours

cost per person £ 1,310.00
course materials please order direct from
nick.cunningham@merrithew.com

CEC's:

2.4 STOTT PILATES

Training Schedule:

Sat/Sun – 19-20 July 2025 & 02-03 Aug 2025

Course is limited to 12 participants
Bring a packed lunch

For detailed information go to:
www.oxfordshirepilates.co.uk