

Learning Objectives

MedBridge

TheraPilates® Intermediate Mat Class for Fit Older Adults

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Chapter 1: Introduction

- Review of the principles of alignment.
- Discuss giving permission to stop exercises if they are painful or if unusual symptoms appear.

Chapter 2: Standing and Towel Exercises

- Learn standing and centering cues and Fletcher Pilates Towelwork.™
- Learn balance exercises, calf strengthening, plies, squats and lunges.
- Discuss strategies for working through the fear of knee pain.

Chapter 3: Mat, and Foam Roller Exercises

- Learn the Pilates Thigh Stretch, Quadruped with the Dowel for precision, Push Up Preparation, Transition to Floor, Supine Pilates Mat Exercises with Neutral Spine Modifications and emphasis on breathing and core control.
- Describe how to transition to the Foam Roller safely for those with low bone density and perform Snow Angels, Bent Knee Opening, and Modified Hundreds in Neutral Spine with emphasis on postural correction.

Chapter 5: Wrap Up

- Discuss additional resources about Pilates and bone.
- Learn some great ways to teach or promote this type of class in your community and provide an additional stream of revenue or outreach for your PT practice.