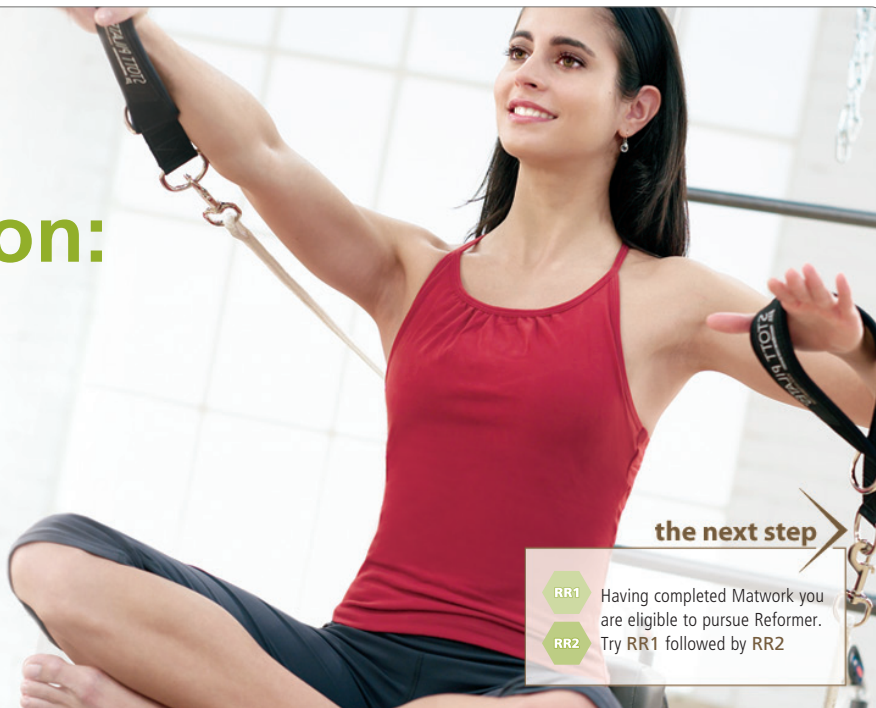


STOTT PILATES®

RM2 Peripheral Joint Stabilization: Matwork

STOTT PILATES® developed its Rehabilitation Program specifically for professionals who assess, diagnose, treat, and prescribe exercise for the rehabilitation and/or prevention of injuries, providing them with training to integrate Pilates into their practice.



the next step

RR1

Having completed Matwork you are eligible to pursue Reformer.

RR2

Try RR1 followed by RR2

Building on the biomechanical and stabilization principles learned in RM1, the RM2 module places emphasis on exercises designed to prevent and rehabilitate common injuries by balancing and strengthening muscles around the joints in order to restore and maintain healthy movement patterns. Emphasis is on core stability while mobilizing the peripheral joints. Typically courses are conducted over three days.

Instructors Learn:

- Review of the STOTT PILATES Five Basic Principles
- Identification of proper execution and movement patterns
- Effective verbal cueing and imagery
- Clinical problem solving using the STOTT PILATES method
- A focus on injuries of the shoulder, elbow, wrist, hip, knee and ankle
- Over 25 exercises plus multiple modifications

Prerequisites:

- RMR1 or RR1

Requirements of Certification:

- 18 hours of instruction and supervised teaching
- minimum 6 hours observation
- minimum 10 hours physical review
- minimum 10 hours practice teaching
- Total:** 44 hours

CECs:

- 1.8 STOTT PILATES

Duration:

- 18 hours

Required Course Materials:

- 2 manuals: *Comprehensive Matwork*; *RMR2 Support Material*

Certification:

There is only a practical component for Rehab Certification. Exams must be taken within six months of completing the last course. Please note there is a fee associated with the exam and all exams are cumulative.

pilatique®
pilates studio

rehabilitation | fitness | performance

Cost for Students

RM2 Peripheral Joint Stabilization, Matwork – 18 hours

cost per person	\$1,250
course materials	\$230

If you register for both RM1 and RM2 by **6 April**, course fees will be SGD2,200;
If you register for both RM1 and RM2 by **6 May**, course fees will be SGD2,300;

CECs:

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Upcoming Training Schedule

11 - 13, June 2015

Thursday to Saturday; 1:00pm to 7:30pm

Courses are limited to 12 participants.

For more information and to register contact

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