

# UTILIZING PILATES

## TO ENHANCE REHAB OUTCOMES

A Continuing Medical Education Training Tool on DVD

### THE PILATES EXERCISE TRAINING TOOL DESIGNED FOR THE MEDICAL PROFESSIONAL

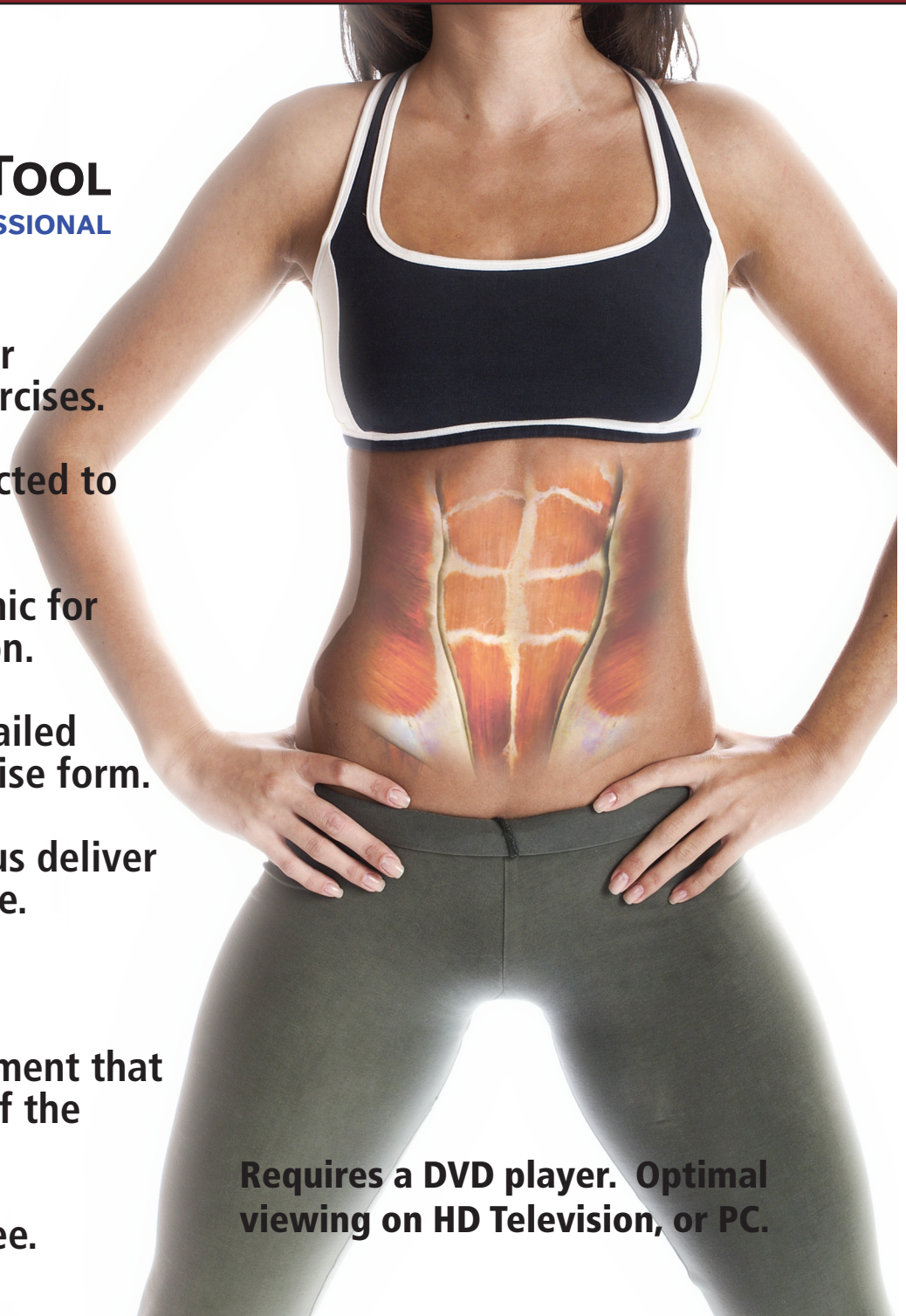
- An advanced tool to master performance of Pilates exercises.
- Content and narration directed to the medical professional.
- Designed for use in the clinic for patients exercise instruction.
- Over 80 exercises with detailed narration focused on exercise form.
- Interactive, animated menus deliver quick access to any exercise.
- Filmed in High Definition.
- Innovative filming environment that isolates the performance of the exercises.
- 100% satisfaction guarantee.

30 days from date of purchase.

Requires a DVD player. Optimal viewing on HD Television, or PC.

LEARN MORE AT [www.healthclick.com/courses/utilizing-pilates-dvd.php](http://www.healthclick.com/courses/utilizing-pilates-dvd.php)

North American Seminars, Inc. 1-800-300-5512 [www.healthclick.com](http://www.healthclick.com)



## Preparatory Exercises

- Imprinting
- **Lower Extremity Movements with Neutral Pelvic Alignment**

- Heel Slides



- Knee Extension with Heel slide
- Knee Extended Leg Lowering and Lifting
- Bent-Knee Hip Circles with Neutral Pelvis
- Table Toe taps
- Table Toe taps with Arm Lifts
- Bridging
- Bridging with Modifications

## Mat Exercises

- The Hundred
- Half Roll Up
- Roll-Up
- Single Leg Circles
- Single Leg Stretch
- Double Leg Stretch
- Single Straight Leg Stretch (scissors)
- Criss-Cross
- Spine Stretch Forward
- The Corkscrew
- The Corkscrew II
- The Saw
- Spine Twist
- The Jackknife
- Front/Back - **Side Kick Series**
- Up/Down - **Side Kick Series**
- Circles - **Side Kick Series**
- Double Leg Lift - **Side Kick Series**
- Bicycle - **Side Kick Series**
- Clams
- Side Plank
- Modified Side Plank
- Front Leg Pull
- Mermaid
- Swimming

## Standing Exercises

- Criss-Cross
- The Saw

## Exercises with Swiss Ball

- The Hundred - Legs on Ball
- The Hundred - Small Ball Behind Back
- The Half Roll Up - Legs on Ball
- The Half Roll Up - Holding Swiss Ball
- Double Leg Stretch - Holding Ball
- Criss-Cross - Legs on Swiss Ball
- Shoulder Bridge - Beginner
- Shoulder Bridge - Intermediate
- Shoulder Bridge - Advanced
- Mermaid
- Swan Dive - Intermediate
- Swan Dive - Advanced
- The Saw

## Exercises with Foam Roll

- Scapular Elevation/Depression
- Scapular Protraction/Retraction
- **Supine on Foam Roll Tabletop Leg Lowering**
- Tabletop Toe Taps
- Double - Supine, Tabletop Leg Lowering
- Obliques - Supine, Tabletop Leg Lowering
- Bridging - Supine on Foam Roll
- Bridging - Feet on Foam Roll
- Single Leg Circles
- Trunk Extensions with Forearm on Foam

## Exercises with Ring/Circle

- The Hundred
- The Half Roll-Up
- The Roll Up
- The Corkscrew
- Bridging - **Ring Between Thighs**
- Bridging - **Ring Under Foot**
- Spine Twist
- Hamstring Stretch
- Inner Thigh Stretch
- Outer Thigh Stretch
- Prone Trunk Extension

## Exercises with Bands

- Clams
- Sitting Spine Twist

# THE PILATES TRAINER FOR THE MEDICAL PROFESSIONAL



## Utilizing Pilates to Enhance Rehab Outcomes

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## Exercises with Bands, cont'd

- Bent-Knee Single Leg Circles
- Single Leg Circles
- Side Lying Hip Circles
- Front Leg Pulls

## Exercises with Bosu® Trainer

- Lower Extremity Movements
- Bridging with Feet on the BOSU® Trainer
- Half Roll
- Roll Up
- Single Leg Stretch
- Double Leg Stretch

- Criss Cross
- Modified Side Plank
- Front Leg Pull
- The Hundred