

January 21-22, 2017

**REGISTRATION FORM**

Please complete this form and mail with payment to:

Easter Seals DuPage & Fox Valley Continuing Education Department  
830 South Addison Avenue

Villa Park, IL 60181

PHONE: 630.282.2026

FAX: 630.620.1148

EMAIL: ce@eastersealsdvr.org

WEB SITE: http://www.eastersealsdvr.org/ce

**REGISTRATION FEE: \$465.00**

Name: \_\_\_\_\_

(This is how your name will be printed on the course completion certificate.)

Title/Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Org. address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Business phone: \_\_\_\_\_

Home address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

For credit card payment, please complete:

Type (please circle): Visa, MasterCard, AmEx, Discover

Credit Card #: \_\_\_\_\_

ExpirationDate: \_\_\_\_\_ CVV: \_\_\_\_\_

Registration fee includes the conference, continental breakfast, and afternoon refreshments.

Space is limited— early registration is encouraged.

Registration deadline:

January 6, 2017.

Cancellations must be in writing and will incur a \$50 processing fee.

**No refunds granted after January 6, 2017.**

For hotel information, please contact Easter Seals at 630-282-2026

# Pilates

Utilizing Pilates Principles to Enhance Rehabilitation Outcomes



Presented by  
**Sara Koveleski Kraut, DPT**

**Easter Seals DuPage and Fox Valley and North American Seminars, Inc.**

PT, OT, PTA and AT - Continuing Education Course

## Day One

7:30	8:00	<b>Registration</b>
8:00	8:45	<b>Introduction to the Concepts and History of Pilates</b> <ul style="list-style-type: none"><li>• What is Pilates</li><li>• History of Pilates</li><li>• Benefits of Pilates</li></ul>
8:45	9:30	<b>The Principles of Pilates</b> <ul style="list-style-type: none"><li>• Breathing</li><li>• Control and precision</li><li>• Alignment and posture</li><li>• Movement a integration</li></ul>
9:30	10:15	<b>Review of Core Musculature</b> <ul style="list-style-type: none"><li>• Abdominals</li><li>• Back</li><li>• Hips</li></ul>
10:15	10:30	<b>Break</b>
10:30	12:00	<b>Basic Mat Exercises (Lab)</b> <ul style="list-style-type: none"><li>• Warming up for core stabilization</li><li>• Preparatory exercises</li><li>• Exercises for the general population</li></ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	2:00	<b>Basic Mat Exercises (Lab)</b> <ul style="list-style-type: none"><li>• Emphasis on teaching</li><li>• Use of proper cues</li></ul>
2:00	3:30	<b>Advancement of Mat Exercises (Lab)</b> <ul style="list-style-type: none"><li>• Higher level core stabilization</li><li>• Patient specific exercises</li></ul>
3:30	3:45	<b>Break</b>
3:45	6:15	<b>Clinical Considerations</b> <ul style="list-style-type: none"><li>• Postural deficits</li><li>• Women's health issues</li><li>• Osteoporosis</li><li>• Indications/contraindications</li><li>• Patient appropriateness</li><li>• neuro considerations<ul style="list-style-type: none"><li>-Multiple sclerosis</li><li>-Parkinson's disease</li><li>-Gait disorders</li><li>-Ataxia/balance disorders</li></ul></li><li>• Patient appropriateness</li><li>• orthopedic considerations<ul style="list-style-type: none"><li>-Postural disorders</li><li>-Chronic low back pain</li><li>-Sacroiliac joint instability</li><li>-Arthritis</li><li>-Muscle tightness</li><li>-Mal-alignment issues</li><li>-Overuse injuries</li></ul></li><li>• Documentation<ul style="list-style-type: none"><li>-CPT codes</li><li>-G-codes</li><li>-Functional tests/measurement tools</li></ul></li><li>• Reimbursement</li></ul>
6:15		<b>Adjourn</b>

## Day Two

8:00	9:15	<b>Group Pilates Mat Class(Lab)</b> <ul style="list-style-type: none"><li>• Leading group through systematic exercises</li><li>• Review of basic and intermediate exercises</li></ul>
9:15	12:00	<b>Pilates with Small Props</b> <ul style="list-style-type: none"><li>• Pilates Ring</li><li>• Foam rolls</li><li>• Swiss ball</li><li>• Resistance bands</li></ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	1:45	<b>Evidence-Based Practice of Pilates in Rehabilitation</b> <ul style="list-style-type: none"><li>• Current research of Pilates exercises as treatment options in the rehabilitation setting</li><li>• Types of exercises</li><li>• Effectiveness of Pilates</li><li>• Comparison to other forms of exercises</li><li>• Evidence of specific benefits of Pilates (e.g. posture, flexibility, BMI, balance)</li><li>• Use of Pilates with various patient populations (acute, outpatient, neuro, geriatric, orthopedic)</li></ul>
1:45	2:45	<b>Case Studies</b> <ul style="list-style-type: none"><li>• Orthopedic case presentation</li><li>• Neurological case presentation</li><li>• Pre-natal/ post partum case presentations</li><li>• Post surgical case presentation</li><li>• Group discussion</li></ul>
2:45	3:15	<b>Questions/review</b>

Certificates of attendance are provided upon successful completion of the course.

**This live course is**

**18 contact hours/1.8 ceu's for therapists licensed in IL, FL, NY or DC.**

15 contact hours/1.5 ceu's/15 ccu's for therapists licensed in other states



For additional course dates and information  
[www.healthclick.com](http://www.healthclick.com)

© Copyright 2016, North American Seminars, Inc. All images, layout and content on this brochure are the sole property of North American Seminars, Inc. Healthclick™ and The Healthclick Medical Course Series™ are the trademark of NAS, Inc.

## About the Educator

**Sara Koveleski Kraut, PT, DPT**, is the owner of Advanced Physical Therapy and Health Services in Park Ridge, Illinois, where she treats a variety of neurological diagnoses including Parkinson's disease, multiple sclerosis, peripheral neuropathy, gait, balance disorders and peripheral vestibulopathy. Sara has developed successful treatment programs for the neurologically involved patient that focus on using current concepts in the health and fitness world and findings from evidence-based research. She incorporates her philosophy of "total health and well being" when developing her comprehensive rehabilitation programs. Dr. Koveleski Kraut established a successful clinic by effectively communicating with local neurologists and providing successful outcomes for her patients diagnosed with neurological diseases. Sara earned her Doctor of Physical Therapy degree from Rosalind Franklin University of Medicine and Science in North Chicago, IL. She completed her professional practicum at The Miami Project To Cure Paralysis, the largest and most comprehensive research center in the world dedicated to spinal cord injury research. Upon graduation, she received an award for excellence in clinical education. Since graduation, Sara regularly returns to the university as a guest lecturer. Still running her private practice and seeing patients, Dr. Koveleski Kraut officially joined the Physical Therapy faculty at Rosalind Franklin University of Medicine and Science in 2015. She focuses on clinical neuroscience. She also provides local community education regarding health issues and rehabilitation. Sara is an active member of the APTA (Private Practice Section) and Illinois Physical Therapy Association (IPTA), as well as the IPTA's Illinois Network of Independent Physical Therapists. Aside from her professional involvement in physical therapy, Sara stays active in the health and fitness world. She is a certified Pilates instructor, AFAA-certified group fitness instructor, an ACE-certified personal trainer. Sara continues to teach community-based fitness classes at LA Fitness and the local park district. Sara has an extensive history of working with Bally Total Fitness in the media and has promoted health and fitness at multiple local Chicago events, including the Taste of Chicago, the NBC Health and Fitness Expo, and local news reports. She has also participated in several marathons. Sara incorporates her healthy, active lifestyle into the development of comprehensive rehabilitation programs.

For additional course dates and information  
[www.healthclick.com](http://www.healthclick.com)

## Why You Should Attend This Course

This two-day course is designed to help medical professionals gain basic knowledge of Pilates theory and principles and be able to integrate it into their rehabilitation programs. The core stabilizing muscles will be reviewed, as well as how core stabilization is important to functional activities and activities of daily living. The lab portion will be devoted to learning, properly executing, and cueing Pilates mat exercises. Small apparatus, including foam rolls, Swiss balls, and rings, will be used during lab exercises for modifications and advancements. Application of the Pilates principles and exercises will be discussed for orthopedic, neurologic, and geriatric patient populations. Further discussion of case studies and current research will demonstrate how a Pilates-based treatment program can help improve core stabilization, balance, coordination, postural awareness, strength, flexibility, and mobility. Upon completion of this course, the clinician will be able to immediately integrate their knowledge in the clinical setting to provide a Pilates-based treatment program to the orthopedic, neurologic, and/or geriatric patient for improved functional outcomes.

## Course Objectives

Upon completion of this course, participants will be able to:

- Demonstrate an understanding of the history and evolution of Pilates.
- Describe the principles of Pilates and their applications.
- Understand the benefits of Pilates specifically in the rehabilitation setting.
- Actively demonstrate and teach basic Pilates mat exercises that can be implemented in the rehabilitation setting.
- Enhance functional outcomes by utilizing Pilates principles for patient's presenting with symptoms such as, gait disorders, ataxia and/or balance disorders.
- Improve balance, stability and core strength in the geriatric population and in patients with a diagnosis of multiple sclerosis or Parkinson's Disease.
- Utilize Pilates exercises to enhance outcomes for orthopedic issues, such as overuse injuries, arthritis, postural disorders, mal-alignment issues, low back pain and sacroiliac joint instability.
- Demonstrate and teach Pilates exercises with use of small props, such as foam rolls, rings/circles, and Swiss balls.
- Understand proper progression of the mat exercises with discretion of patient appropriateness.
- Discuss the latest evidence for integrating Pilates in the orthopedic and neurologic and geriatric populations.
- Demonstrate an understanding in how to properly document using Pilates exercises in rehabilitation programs, including G-codes and functional testing.

Certificates of attendance and CEU's are provided by NAS upon successful completion of the course.

**This course is 18.0 contact hours/1.8 CEUs for therapists licensed in District of Columbia, Illinois, or New York**

This course is 15 contact hours/1.5 ceus/15 ccu's for therapists licensed in other states

This course is applicable for PT's, PTA's, OT's, and AT's. Course certificates will be provided by North American Seminars, Inc. NAS is approved by the IDPR to provide ceus for physical therapists and assistants licensed in Illinois. IL PT Provider #216000074. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs. 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval # PTNAS-201621. This course meets the continuing education requirements for OT license renewal in the State of California. The Maryland Board of Physical Therapy has approved this course for 1.5 CEUs. This course meets the ceu requirements set forth by the District of Columbia Board of Physical Therapy for physical therapists and has been approved for 18 contact hours/1.8 ceus for therapists licensed in DC approval #DC-1083. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. FL OT approval # 50-1442. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New York, North Carolina, North Dakota, Ohio, Oregon, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. This course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, NY, ND, UT, VA, WA, WI, WV and WY. Meets the NBCOT requirements, category A, call for BOC evidence based status.

**January 21-22, 2017**

**Course Location**

**Easter Seals DuPage and Fox Valley**

**830 S. Addison Ave**

**Villa Park, IL 60181**