



*Beyond Mind  
and Movement*

EDUCATION  
CLINICS  
PRODUCTS  
INTERNATIONAL



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WELCOME

Welcome to the Australian Physiotherapy and Pilates Institute (APPI), and I hope you find your journey with us a rewarding and enjoyable one. This is our comprehensive guide to all there is to know about APPI and our world leading range of courses, services and products.

APPI was established 17 years ago by two Australian Physiotherapists, Glenn and Elisa Withers, on the basis of an academic scholarship from the Australian Physiotherapy Association. This initial study in the ‘Clinical Relevance of Pilates Exercise for clients with Back and Pelvic Pain’ led to the development of the APPI Method that we teach today.

Glenn and Elisa’s study found that the benefits of the Pilates exercises were not being optimized due to the high level of strength, control and body awareness initially being asked of clients. If the movements were modified, the length of the lever (arms or legs) reduced, the demands of the spine considered in more detail, and the findings of relevant research at the time around how muscles work before and after pain, were all applied to the movements, then a new form of Pilates-based exercise could be a lot more successful in the rehabilitation field.

This ground-breaking approach led to the development of the step-by-step program of APPI. Every Pilates exercise was analysed on its effectiveness for a client that had suffered an injury. Modifications were made, and a unique exercise-level approach developed to allow a client to be trained correctly from an injured state to a fully fit, functional and efficient state.

This allowed Pilates to be used by health and fitness professionals alike to empower clients to be able to embrace Pilates from any fitness level. This step-by-step approach led to the APPI Pilates Method becoming one of the most popular forms of rehabilitation training in the healthcare sector.

Over the following 17 years the APPI Pilates Method has continued to gain popularity, awards and recognition as an efficient and effective method of exercise rehabilitation.

APPI is now firmly established as a world leader in Pilates training. APPI courses run throughout the United Kingdom, America, Australia, Ireland, Portugal, Germany, Turkey, Switzerland, South Africa, Malta, Hungary, Finland, New Zealand, UAE, the Gulf Region, Mexico, Luxembourg, Spain, Greece, Brazil.

APPI is proud to be leading from the front in the development of comprehensive, well supported Pilates teacher trainer programs. We train over 4000 Pilates teachers a year over 20 countries. Our detailed and expansive continual education program delivers over 20 additional Pilates modules that provide excellent ongoing learning opportunities. Our Pilates-specific product range delivers all you need for a successful Pilates business. Our award winning Physiotherapy and Pilates Centres based in London, UK deliver over 30,000 Physio and Pilates sessions a year. We look forward to sharing our success with you, and hearing of your future success with the APPI Method.

Our method is built on our degree-level understanding of movement, anatomy and physiology, all of which we share with you through a range of learning tools from online lectures, apps, DVDs and on-course tutorials. Our success in improving the lives of thousands of people all over the world is testament to the integrity of the method itself. We look forward to sharing the secrets of our method with you through our comprehensive training program.





## THE APPI APPROACH

The APPI curriculum is unique in its design as it is the only Pilates program in the world that was fully designed, taught and developed by Physiotherapists.

Today, some 16 years after our initial review of the Pilates Method, APPI is supported by an international team of over 40 Physiotherapists and degree level movement re-educators that deliver our educational programs.

The success of the APPI method lies in the true understanding of your exercise selection. Our method works on a tried and tested 5 stage model. Within each stage are specific exercises for you to choose from based on the client in front of you. Unlike many other Pilates courses, we do not just deliver a series of exercises that you blindly follow. We will educate you on why a particular exercise is relevant for a particular person. Once you understand how to implement the 5 stage model of program planning, your decision making as a Pilates teacher becomes significantly improved and your clients' results optimized.

Our 5 stage model can only work if you have varied levels within each Pilates exercise. As mentioned previously, this has been key to the success of the method being achievable for all walks of life.

Once a client understands the connection of the brain to the essence of a movement, clients are progressed along the pathway at a speed that is relevant to them. The APPI method, with over 100 different Pilates matwork movements, then allows the client to move into a more advanced, fitness building and body shaping program that will achieve the results they were hoping for.

We truly believe that our method is unique. We believe that the results we see on a daily basis in our centres can be achieved by you. We believe in this, because we have seen it repeated over and over again over the last 16 years.

## THE APPI TRAINING CENTRE UK

The APPI's training centre is based in Kensal Rise, Northwest London in one of the most sought after areas of the capital. Situated between Queens Park and Westbourne Grove, just a stones throw from the beautiful Canal-side that weaves it way through London, our beautiful training centre will make you feel at ease from the moment you join us.

The Chapel, on Wellington Road is an architecturally designed, state of the art centre that will enhance your learning experience and inspire you to create your own unique space one day.

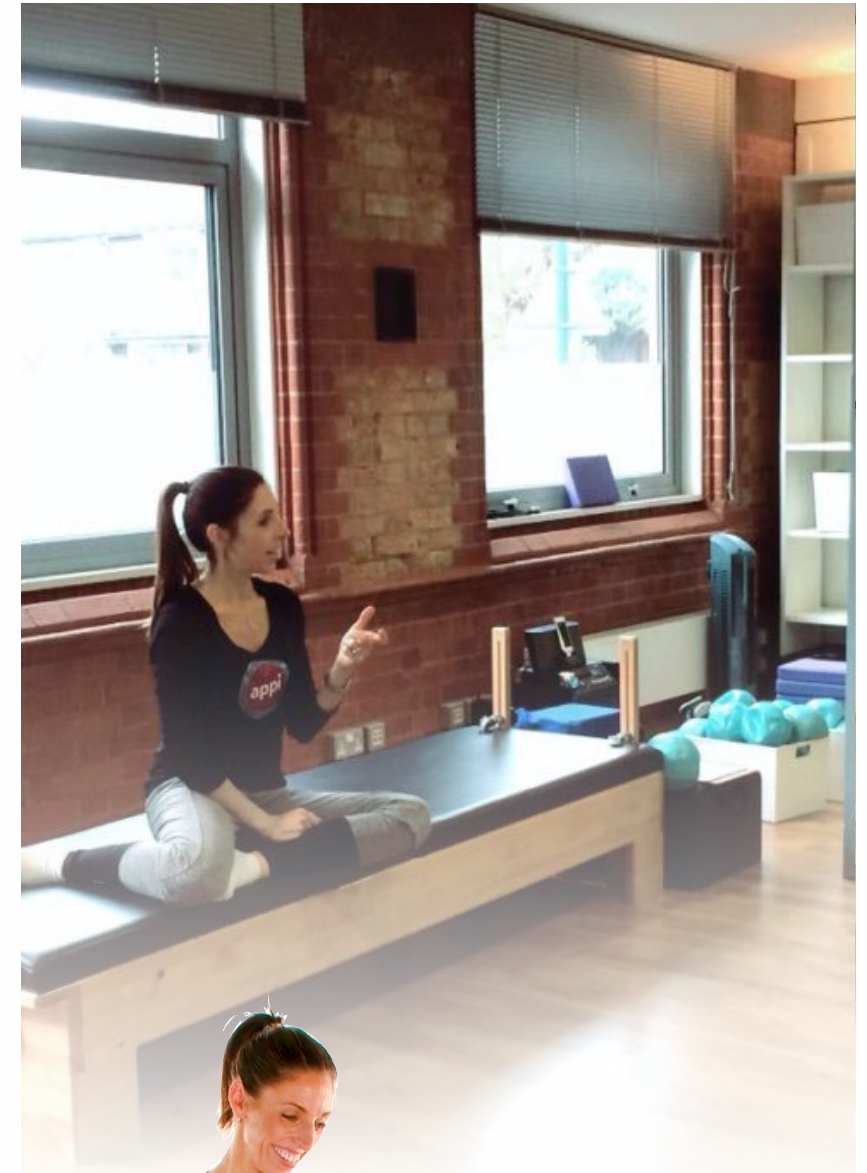
The chapel was built in the 19th century and has been immaculately redesigned to bring it up to modern standards. Award winning Architects, the Clarendon group, developed the Chapel several years ago into the building we know and love today. Cranes were bought in to literally, lift the roof of the chapel up, steel supports inserted, and the roof returned. This allowed the Chapel to gain another floor and bring in the mix of historical brickwork, and modern glass design that makes this such a unique place.

Our studio floor has been specifically designed to have a small bounce in the floor to provide a comfortable and responsive floor for your Pilates exercises, be it in standing or lying.

Our state of the art music system, SONOS, allows music to be streamed wireless around the building for a pleasurable experience wherever you are.

Our on-site shop and coffee break area is designed to allow you to relax in between your sessions in comfort. Have a browse through the shop, watch our latest DVD, or just sit back and relax, the choice is yours.

Our team are on site to assist you in any way possible while you are with us so you can be assured to enjoy your time in our training centre.





# OUR LONDON STUDIOS

APPI's London Studios are located in the beautiful areas of Hampstead (NW London) and Wimbledon (SW London).

## Hampstead, NW3

Our stunning Physiotherapy and Pilates Centre situated in the heart of Hampstead village, overlooking the amazing Hampstead Heath, is our internationally recognised flagship centre.

Opened in 2002, APPI Hampstead has been the leading UK Physiotherapy and Pilates centre for over 12 years. Recognised in 2009 as 'Growth Business of the Year'.

### APPI Hampstead Features:

- Over 26 individual therapists delivering expert Physiotherapy, Pilates and Sports Injury management
- On-site ultrasound imaging for 'correct' muscle analysis
- 5 Treatment rooms
- Over 50 different classes a week
- 3 separate studios for 1:1, Reformer classes (Beginner - Advanced) and Matwork Classes (Beginner - Advanced)
- A massive range of classes such as Standing Pilates, HealthyHIT (High Intensity Training) Pilates, Balance Pilates, Boomlates (classes for children), Healthy Bones Classes, Cardio Pilates, Power Pilates, Dance Pilates and much more.

### At APPI Hampstead we are also fortunate to have:

- APPI Founder Glenn Withers as our residing Director
- APPI Presenter and Women's Health Specialist Claire Jacobs as our Clinic Manager
- 8 APPI International Presenters among the team of clinicians

Our specialist Physiotherapists work closely with London's leading spinal and orthopaedic consultants, sports physicians, rheumatologists and obstetric hospitals. Our current and past clients include Tottenham Hotspur Premier League Football Club, the English National Ballet, Brentford Football Club, Cirque du Soleil, English Institute of Sport and the British winter Olympic team.

## Wimbledon SW19

Our beautiful, glass ceiled Wimbledon centre sits on the edge of Wimbledon Village and has grown to become the largest Physiotherapy and Pilates Centre in Wimbledon.

Opened in 2008 APPI Wimbledon grew quickly to be awarded as 'Growth Business of the Year' in 2009.

On arrival you will be met by our ever helpful reception team who are there to assist you in every way. This unique centre has a boutique feel to it and you will immediately see and feel the difference of an APPI centre to any other centre you have been in before. Spearheaded by our brilliant clinical manager Megan Vickers - APPI Wimbledon is SW London's answer to all your Physiotherapy and Pilates needs.

### APPI Wimbledon Features:

- A team of over 10 dedicated Physiotherapists and Pilates Teachers
- 3 individual Treatment rooms
- Real time ultrasound Imaging for 'correct' muscle analysis
- A dedicated state of the art fully equipped Pilates Studio (Featuring our Unique triangle glass ceiling)
- Over 15 different classes weekly
- Semi Private and 1:1 Pilates sessions
- A great range of classes such as Cardio Pilates, Mens only groups, ante and post natal and beginner to advanced level Pilates

### At APPI Wimbledon we are also fortunate to have:

- APPI Women's' Health Specialist Megan Vickers
- APPI Founder Elisa Withers as our staff mentor and trainer
- 2 APPI International Presenters among the team of Clinicians



# APPI INTERNATIONAL

We are very proud of our global presence within the Physiotherapy and Pilates World. Our dedicated partners deliver such energy, enthusiasm and devotion to helping spread the word of the APPI method. It is with pleasure I welcome you to our international partners.



## USA:

APPI runs its extensive range of Pilates based courses right across the United States. With a syllabus including full Equipment and Matwork Pilates certification as well as many of our 1 and 2 day specialist Pilates courses our USA students are spoiled for choice. Courses are run via a mixture of regional and hosted venues with our dedicated USA presenting team travelling throughout the country.



## Australia:

Our partners in Australia are Unite Health Management. A great, energetic team that has helped grow APPI into one of the largest suppliers of Pilates based education to the allied health industry in Australia. Courses run right across the country and include the full Matwork and Equipment Certification and a series of CPD courses.



## Portugal

Our partner in Portugal are Bwizer. Bwizer have grown APPI to become the number 1 Pilates provider in the country. With an ever-growing team of excellent Portuguese APPI presenters, Bwizer offer APPI courses throughout Portugal and deliver the full Matwork Certification Program, Large equipment courses and a range of our most popular CPD courses including the popular HealthyHIT High Intensity Program.



## Germany

Our first ever international Partner, our colleague Uli oversees the progress of APPI in Germany. In association with some of Germany's largest education providers APPI has grown to be a market force in Germany. Over our 10 years in Germany we have evolved to deliver the full program in Berlin, Hanover, Düsseldorf, Darmstadt and Ludwigsburg. Fully endorsed by the German Insurance Federation APPI courses are highly recommended.



## South Africa

APPI South Africa continues to grow under the stewardship of APPI Master Trainer Leslie Abrahams. Courses are running in multiple cities and a large expansion plan is under way for the years ahead. Look out for more and more courses in South Africa.



## Switzerland

APPI Master Trainer Biljana Kennaway oversees our courses in Geneva and Zurich, Switzerland. Fully endorsed by Physio Swiss (governing body) and now also recognised by the ECTS (European Credits Transfer System), APPI courses are fastly becoming the most highly recommended Pilates courses in Switzerland. The full Certification program is available in addition to Women's Health and other CPD courses.



## Turkey

Ozlem Ustunkaya has been representing the APPI in Turkey since 2010. The full Matwork certification is offered in Istanbul, along with a range of our CPD courses. As a member of our APPI International Presenters family, Ozlem will bring even more options to the Turkish schedule!



## Malta

Our Maltese representative is Laura Schembri, who delivers outstanding courses in Malta. Laura offers the full certification, and ensures that every year a new CPD course is added to the schedule.



## Hungary

Gina Varhélyi represents the APPI in Hungary. The full Matwork series is offered in Budapest, and with great expansion plans underway, various CPD course options are coming.



## Finland

Our newest addition to the APPI International family is represented by Tiina Granroth, one of our excellent APPI presenters. The full matwork series and CPD courses run in Helsinki.



In addition we are proud to have our fantastic partners in :





# YOUR APPI EDUCATIONAL JOURNEY

Your journey with us begins at one of two entry points. If you are a qualified allied health professional with a degree qualification of 3 years or more you will join via the Rehabilitation Pilates Stream (see **page 13**). If you are a non-allied health professional your journey begins with the Comprehensive Pilates Matwork Course.

## Comprehensive Pilates Matwork Course.

This course is our most in depth, comprehensive program that will qualify you as an APPI Pilates Instructor. This 13 day course consists of an induction day, followed by 6 x 2 day modules that will teach over 100 Pilates Matwork exercises.

This comprehensive Pilates Matwork course is delivered by APPI's world renowned degree level health practitioners. No other Pilates course in the UK has Physiotherapists who are also Pilates Master Trainers delivering the entire course. This gives you the chance to learn at a deeper level and have all your questions answered by your tutor in your live seminars. The comprehensive Pilates Matwork course is focused on teaching anyone from a non health degree background the skills and knowledge required to teach Pilates in a 1:1 setting or class environment.

The course will include APPI's unique insight into how the body works by delivering on course anatomy and physiology sessions and introducing the elements of applied anatomy, usually taught at physiotherapy degree level courses (supplemented by online learning and support materials).

Each day a different part of the body will be reviewed, followed by a small surface anatomy session allowing all the pieces of the puzzle, both anatomy and movement, to fall into place. You will then consider the Pilates movements that focus on the specific area of the body in question linking together both the theories of applied anatomy and the movements of Pilates.

Over the 13 day program the full 34 traditional Matwork Pilates exercises, plus additional standing, kneeling and seated warm up and cool down exercises, will be taught. In addition, the APPI's unique Pilates exercise level adaptations will enable the course participants to train a client through a step by step process of achieving successful Pilates movements. In the APPI repertoire the majority of the traditional 34 movements have been broken down into 4-6 levels, allowing a client with no exercise history, or limited movement control a chance to slowly progress in a pain-free, achievable and structured program.

Following successful completion of the training you will be empowered to teach 1:1 and group Pilates Matwork Sessions .

## Course Content

The course consists of an induction day whereby you will experience your first Pilates class with one of our Master Trainers. You will then receive a brief theory presentation on the history of Pilates and the development of the APPI method. In the afternoon you will be taught the 5 key elements of successful Pilates Practice before a small introduction to the concepts of basic anatomy and movement awareness. Following the induction day you have 2 weeks to go away and begin your online learning modules, attend Pilates classes, practice the DVDs that are part of your course package and generally get your own body ready for the training.

The training will then take course over 6 x 2 day modules which will be a mix of theory and practical instruction. In the weeks between your in house modules you will be asked to achieve a specific number of practice hours and attend Pilates classes. In addition you have the option of joining us for our specific student classes held once a month and are welcome to attend our regular monthly master classes led by our Founders and Master Trainers. We also make available the APPI studio to create an opportunity for in-studio training time for our course delegates to organise any group practice they wish to be involved in.

Following on from your final weekend – approximately 3 weeks later there will be a final revision workshop that you may wish to attend for a 4 hour review of all the concepts and teaching elements required for your certification exam. On successful completion of the certification exam you will become a fully certified APPI Matwork Instructor

## Additional Support

You will receive a full copy of the APPI Pilates DVD series as part of your course induction pack that will allow you access to a beginner, intermediate and advanced level class by our founder Elisa Withers.

A supplementary manual that will contain updated information on relevant anatomy, movement analysis and insights into successful Pilates teaching.

### In addition you have access to...

- A monthly student only class at APPI Head Office to refine your skills and gradually increase your own teaching practice. For the first 3 classes you will be a student in the class. After this time you will gradually be given the opportunity to deliver part of the class as practice teaching.
- Attendance at our monthly Master Trainer class delivered at APPI HO
- Reduced rates on all classes at our APPI centres in London and around the country.
- Access to the APPI Master trainers for additional private tutoring, revision or self practice analysis at any of our nationally accredited centres.





# REHABILITATION PILATES

## What is Rehabilitation Pilates?

APPI has enjoyed immense success with training Physiotherapists and equivalent degree therapists in the Rehabilitation Pilates technique. Our success relies on our research based approach to pilates training. As physiotherapists, we recognise the demand for more specific Pilates training which targets the higher theoretical and practical experience of higher degree therapists. The APPI method-presents the most current research relevant to Pilates and teaches a realistic framework of exercises to apply in the clinical setting.

APPI has modified Traditional Pilates exercises into therapeutic exercises and renamed them Rehabilitation Pilates. Traditional Pilates, developed by Joseph Pilates in the 1920s, is a system of exercise which aims to increase strength of the core abdominal and back muscles. Originally designed for dancers, traditional Pilates exercises are very physically demanding and not suitable for those with low back pain (LBP), neck pain or peripheral joint injuries.

Therefore, Australian Physiotherapists Elisa and Glenn Withers analysed and modified the original repertoire into a system of exercises which aim to restore muscle balance and correct postural alignment. Rehabilitation Pilates is based on retraining correct activation of the core stabilising lumbo-pelvic muscles: Multifidus, Transversus Abdominis and the pelvic floor.

'Rehabilitation Pilates' is the culmination of years of both Physiotherapy and Pilates training. The program is designed in 3 different streams: Matwork Certification, Equipment Certification, and the CPD program.

## Rehabilitation Pilates and its role in clinical setting

Research has shown that specific retraining of the Multifidus muscle reduces the recurrence rate of LBP. Hides et al (1994) reported evidence of lumbar Multifidus muscle wasting ipsilateral to symptoms in patients with acute/subacute LBP.

Further studies found that Multifidus muscle recovery is not automatic after the resolution of acute, first-episode LBP (Hides et al., 1996). In their study with LBP patients, Hides et al (1996) demonstrated that this deficit in Multifidus can be reversed with exercises that focus on activating the Multifidus muscle. Two to three year follow up studies found that the recurrence rate of LBP was reduced by 50% in patients who had performed specific exercises for activating Multifidus. An integral part of therapeutic rehabilitation following LBP is re-training

correct activation of the Multifidus muscles which can be done using Modified Pilates.

The Transversus Abdominis (TrA) is the other principle muscle affected in LBP. Studies have found delayed onset of activation and poor activation of the TrA in LBP patients compared to healthy controls (Hodges et al, 2010, 2008, 1997). In healthy individuals the TrA activates prior to limb movements to provide postural support to the lumbar spine (Hodges & Richardson 1997). In LBP patients TrA activation occurs after the limb movement and therefore renders the lumbar spine unsupported during functional activities. A model for retraining motor control of the TrA is provided as a part of Rehabilitation Pilates.

The APPI Pilates Method provides Physiotherapists and equivalent degree-level therapists with a clinical and user friendly tool for retraining correct activation of the Multifidus, TrA muscles and pelvic floor muscles. It consists

of a progressive repertoire of mat based exercises designed specifically for Physiotherapists and equivalent degree therapists to teach to the clinical population.

## The key elements of APPI Pilates method include retraining:

- Neutral lumbo-pelvic alignment and activation of the key lumbo-pelvic stabilising muscles
- Correct ribcage/thoracic alignment
- Scapulo-thoracic stabilisation
- Deep neck flexor retraining to stabilise the cervical spine
- The repertoire of APPI Pilates exercises also include exercises to improve spinal mobility, flexibility of the key trunk and lower limb muscles groups, body awareness and postural awareness.



A woman and a man are performing Pilates exercises on blue mats in a gym setting. The woman is in the background, wearing a blue shirt, and the man is in the foreground, wearing a white shirt. Both are smiling and have their hands behind their heads, indicating they are in a core-strengthening position.

## MATWORK CERTIFICATION SERIES

APPI has enjoyed immense success with training Physiotherapists and equivalent degree therapists in the Modified Pilates technique. Our Matwork series has been developed specifically for a rehabilitation setting. APPI Matwork courses are currently being run in the UK, Australia, New Zealand, Brazil, USA, Portugal, Germany, Spain, Malta, Ireland and Turkey and the Institute trains over 3000 therapists a year. Matwork Level One is the foundation course and must be completed before any other matwork levels.

### *Matwork Level 1*

The Foundation (2 days)

This is the first course in your Rehabilitation Pilates training. Theory and research on lumbar and pelvic stabilisation is presented. Clinical assessment of the TrA and multifidus muscles is taught. The beginner repertoire of Rehabilitation Pilates movements is presented.

### *Matwork Level 2*

Class Instructor (2 days)

The class instructor course aims to discuss all issues involved in establishing your Pilates programme within your work setting. Assessment, inclusion criteria, outcome measures, advertising and insurance are all important and as such are covered. A new repertoire of warm up and cool down exercises is taught.

### *Matwork Level 3*

Intermediate/Advanced (2 days)

Matwork Level 3 is the final course in the certification series where intermediate and advanced Rehabilitation Pilates exercises are taught. Higher level scapulo-thoracic and pelvic stabilisation exercises form the core of this course.

### *Matwork Certification Exam*

Upon completion of Matwork Level 3 you are eligible to sit your certification exam. The final Matwork exam consists of 2 components: A practical exam and a theory exam. The practical exam is 30 mins in duration. However, you will be assigned a partner who will act as your client. You will then act as their client. Therefore the entire practical component will take 1 hour. The theory exam is a 60 minute multiple choice paper.



# EQUIPMENT CERTIFICATION SERIES

With the proven success of Pilates equipment in the rehabilitation of patients APPI equipment courses are now more popular than ever. As with our Matwork series the APPI Equipment series comes from the unique standpoint of being developed specifically for a rehabilitation setting. The majority of hospitals and clinics now incorporate equipment into their treatment of patients and so it is essential for rehabilitation therapists to be trained accordingly.

## Equipment Level 1

Lumbo-pelvic Stabilisation (2 days)

This is the first in this series of four Rehabilitation Pilates equipment training courses. 32 movements for training lumbo-pelvic stabilisation on Pilates based equipment will be learnt through self-participation, practice teaching and observation.

## Equipment Level 2

Scapulo-thoracic stabilisation (2 days)

This course builds upon the movements, understanding, cueing skills and exercise selection framework of equipment level 1. Theory and practical workshops review functional and surface anatomy of the scapulo-thoracic region.

## Equipment Level 3

Spinal Articulation and Stretching (2 days)

Equipment Level 3 focuses on flexion, extension, rotation and lateral flexion based movements as well as combined movements and stretches for the reformer, cadillac, split pedal chair and barrels. Participants will learn a further 24 movements through observation, self-practice and practice teaching.

## Equipment Level 4

Progressions and Planning (2 days)

The final stage of the Rehabilitation Pilates equipment series provides therapists with 30 movements to enable patients and clients to progress to functional and high level rehabilitation using the Pilates equipment. These progressively more challenging exercises complete the rehabilitation program. Workshops on posture, posture assessment, Pilates assessment and programme planning are designed to provide participants with skills in all aspects of teaching Pilates.

## APPI Equipment Certification Exam

Upon completion of Equipment Levels 1-4 students are eligible to sit the APPI Equipment certification exam. The exam consists of two parts: A 60 minute written exam consisting of multiple choice and short answer questions on movement application, modification and contraindication and a 60-minute practical exam on the design, application and teaching of a Pilates programme



# REFORMER CERTIFICATION SERIES

A newer addition to our Equipment Certification Series, the Reformer Series presents ninety-five beginner, intermediate and advanced original and APPI inspired Reformer exercises. Devised for those looking to incorporate Equipment based Pilates into their rehabilitation programmes whilst maximising on space and minimising on spending.

## Reformer Unit 1

The first of three units in our Reformer Series. Unit 1 presents the five key APPI elements, beginner and inter reformer movements, application of the APPI Pilates screen and clinical application in one to one settings.

## Reformer Unit 2

Unit 2 will build upon beginner and inter reformer movements learnt in Unit 1 and apply the use of the Pilates small equipment to movements. Teaching skills and class planning techniques for small groups are also introduced.

## Reformer Unit 3

The final unit in the Reformer series introduces one to one case study discussion and class planning techniques for specific populations.



# APPI CPD COURSES

After commencing Matwork or Equipment Pilates training, it is our firm belief that all APPI teachers should continue the Pilates learning process throughout their career. APPI teaching and courses are continually reviewed and updated by our team of experts. It is important that instructors have access to the same up to date knowledge through on-going training. Similarly, APPI works tirelessly to develop new courses every year to ensure we have opportunities for your continued growth as a Pilates teacher.

## Rehab Series

### Ante & Post Natal Pilates (2 days)

This course is designed specifically for those who wish to learn more about the application of Pilates in Pregnancy and the post natal setting. Lectures on the physiological and biomechanical changes that occur during pregnancy, the postural changes and considerations, SPD, labour, post natal recovery and precautions and contra-indications to exercise in pregnancy are presented.



### 3D Standing Pilates Level 1 (2 days)

3D Standing Pilates is an evolutionary method which advances the essential Pilates principles into more functional upright positions. This two day foundation course introduces a theoretical 3D Standing Pilates model and teaches a series of 3D Standing Pilates movements to address balance, ROM, myofascial control and neural dynamics in standing.

### Pilates & Shoulder Rehabilitation (1 day)

This one-day course is designed to help you apply the principles of the APPI method to shoulder rehabilitation. The course will include a review of current theories of shoulder stability and consider how Pilates exercises may be used to enhance this specific area of shoulder retraining. The practical element will introduce some new exercises and modifications from your existing repertoire incorporating principles of kinetic chain, upper quadrant and scapular stability as well as functional re-training.

### Pilates & the Arc Barrel (1 day)

Discover how the arc barrel is a great rehabilitative tool for those recovering from stress, tension or injury and how they make a safe, supportive surface for deep muscle stretching. These lightweight and easily portable barrels can be used to increase or decrease the challenge to the body and are ideally used for rehab to assist matwork exercises.



### Pilates & Osteoporosis (1 day)

This exciting and innovative 1 day course investigates the concept that osteoporosis is the next epidemic to hit the healthcare industry. The course will cover the epidemiology, prevalence and incidence of osteoporosis both worldwide and specifically in the UK. Reviewing the bone building matrix that occurs from childhood through to adulthood, the theory component will ensure you have a thorough understanding of the development of osteoporosis, and the latest research available. The practical component looks at APPI's 12-step bone building program that has been designed to address the main areas that osteoporotic fractures occur.

### Neuro Pilates (1 day)

This course applies the Pilates principles covered in Matwork Level 1 to the neurological client. Lectures review principles of neuroplasticity, motor learning and postural control to develop clinical reasoning in a theoretical and physiological context.

### Reformer on the Mat using the Pilates Tube (1 day)

This one day course is ideal for those who may want to expand their Pilates knowledge by learning movements from the reformer series but don't have access to this piece of equipment. A wide range of Reformer movements are newly adapted to the Mat using a Pilates Tube Band with handles to help target muscles and assist to maintain your form & control.

### All The Small Balls (1 day)

This one day workshop focuses on incorporating the use of the Pilates Soft Balls, Weighted Balls and Massage Balls into select exercises from the APPI Matwork Series. The Pilates Balls can be used to train greater quality of movement, target specific muscle groups, increase positional and movement awareness and facilitate a series of massage and release techniques. Variations and special consideration to the Pilates exercises as it relates to injuries and rehabilitation will be taught to provide practitioners with the knowledge and skills to selectively prescribe the movements.



### Pilates & Small Equipment (1 day)

This one day course adds variety and challenge to your Pilates programmes by incorporating the Pilates Circle and the Foam Roller. The Pilates Circle adds a strength and endurance component to your Pilates repertoire whilst the Foam Roller enables you to incorporate balance, co-ordination and sequenced movement patterns into your rehabilitation programmes.



### Introduction to Strength and Conditioning (2 day)

This two day workshop is aimed at providing health professionals with the clinical and practical tools to guide their clients through clinically-reasoned Strength and Conditioning programs. Covering the physiological adaptations to training, the biomechanics of strength training, and key concepts of program design, therapists will learn how to guide their clients beyond injury management, towards high-end rehabilitation and fitness. Exercises will cover the lower and upper limbs, back and abdominal training, using a broad range of resistance options including bodyweight, dumbbells, resistance bands, and various forms of free weights.

### Pilates For Children And Young People (1 day)

This one day course applies the APPI Pilates Method principles to children and young people. Physical activity in children helps to prevent obesity, type II diabetes, cardiovascular disease, depression, cancer and ultimately improves musculoskeletal and bone health. The workshop will review key APPI elements on posture and how to relate this to children and young people, design a programme for class session for children of various ages and appropriate the use of small equipment for children.



### Pilates for Scoliosis (1 day)

This dynamic one day seminar will be a mix of theory and practical sessions on the use of Pilates in the management of Scoliosis. Over the course of the day you will review the history of Scoliosis, its incidence and development and how it has become one of the most prevalent issues facing Physiotherapists and Pilates teachers alike. The difference between congenital and idiopathic scoliosis will be discussed, along with the mix between C-curve and S-curve deformities of the spine and their differing challenges. Following this, you will be guided through the APPI's step by step program of how to deliver a successful in-clinic scoliosis session, as well as a specific home exercise program.



### Matwork One Day Refresher Course (1 day)

A one day course designed to give you the opportunity to get to grips with the most up to date theory, lectures and research advancing our Certification series. A great way to prepare for your Certification exam or simply fortify and invigorate your knowledge with a day of theory and practical repertoire revision.



## Performance Series

### Pilates & Horse Riders (1 day)

The Pilates method is well-suited to develop and improve rider fitness and function. Strength, balance and flexibility form the foundation of Pilates for Riders and improvements in these areas allow for a fluid body motion with the horse – ultimately leading to a better rider and horse partnership. Recreational or competitive level, Pilates can help to improve riding skills and the communication between horse and rider.



### Pilates for Dancers Level 1 (1 day)

This one day introductory course presents the essential elements of dance, requirements of the dancer and the demands of regime to provide a broad understanding of Pilates based dance rehabilitation. A series of essential movements on the mat and Pilates machines are taught to provide the basis for prevention and rehabilitation programmes for healthier dancers.



### Pilates for Skiers (1 day)

This one day course will provide you with a functional problem solving approach and ski specific Pilates exercises to address your clients needs. In addition to reviewing classic skiing posture, you will consider skiing demands and identify common postural & movement imbalances that may contribute to poor ski technique and injury risk.

### Performance Pilates for Cyclists (1 Day)

This one day workshop explores the use of Matwork and small equipment Pilates exercises to improve the skill, strength and performance of cyclists. On the course you will review the biomechanics and key physical attributes of cyclists, as well as the typical injuries seen and their contributing factors. Applying sound training principles, explore the development of a high level, cyclists specific Pilates programme.



### Performance Pilates for Runners (1 Day)

This one day workshop explores the use of Matwork and small equipment Pilates exercises to improve the skill, strength and performance of the running client. This course explores the biomechanical and physiological requirements for successful running and suitable Pilates exercises aimed at improving running performance. Aimed at the healthy and fit client, the exercises covered will enable you to develop an effective, high level Pilates running program.



## Healthy HIT Pilates

Join the next revolution in Pilates as HealthyHIT creator and APPI founder Glenn Withers takes you on the most challenging Pilates workout ever created. HealthyHIT Pilates is a combination of the High Intensity Training (HIT) principle and Pilates movements in a structured, licensed program. HealthyHIT® Pilates is a series of 6 classes, each lasting just 30mins, that works you hard but teaches you the correct technique to ensure you complete the workout in the right way. HIT (High Intensity Training) is a great concept, and the physiology behind it is equally fascinating. However, many people completing HIT programs do so with very poor technique and work at a level that their bodies may not be capable of. The APPI's HealthyHIT® program ensures that those same amazing benefits of the HIT physiology is achieved, but with correct form and function by incorporating appropriate rest periods and Pilates exercises to balance the program. All the movements are based on existing Pilates movements but taken to an entirely new level. Using various small equipment to mix up the challenge and target different areas of the body, the HealthyHIT® Pilates program is changing the face of Pilates.

### Healthy HIT 1

In the first of two master classes of the program, you will be introduced to the concept of HealthyHIT® Pilates and learn the 6 essential moves that form the benchmark of the classes. You will then go on to experience the first 2 classes of the series.

### Healthy HIT 2

The second master class progresses to introduce the next two classes of the series and gives you the chance to progress to become some of the first HealthyHIT® trainers in the UK.



## EXTERNAL COURSES

As well as teaching our own courses, APPI is the proud provider of some innovative and exciting external courses.

### Anatomy Trains - Structure & Function

This is the first workshop to combine Anatomy Trains theory alongside structural and functional anatomy and analysis, blending together the concepts of tensegrity with elastic recoil for movement efficiency. We will address differential diagnosis to help identify for motor control or soft tissue restrictions and where they may be coming from.

### Know Pain

The challenge of successfully managing persistent pain can be one of the most daunting for both clinicians and sufferers. Patients are often frustrated after failed short-term interventions. It is often difficult to understand and explain high and prolonged levels of pain where a traditional tissue-based cause is lacking. This course explores a cutting edge, patient-centered approach using a variety of practical learning methods to help your patients understand their pain. It provides a range of practical applications and methods to take into your clinic and immediately apply with your patients. The course content blends a wide range of contemporary evidence from both educational and healthcare literature.



# PILATES PRO LIVE

## Personalised Pilates Programmes.

### Access

Pilates Pro Live gives healthcare professionals the ability to deliver personalised online Pilates programmes from anywhere, at any time. This unique program enables users to access a complete APPI exercise library of over 200 different movements.

### Prescribe

In just a few simple clicks you can build a bespoke programme for your clients or classes including the number of Reps, Sets, and any other information you need.

### Send

Email the bespoke programme directly to your clients. The programme can include video footage, still images, drawings or simply printouts for your clients to take away with them.



# APPI MEMBERSHIP

APPI membership provides teachers with a forum for ongoing contact and news. APPI members receive a number of benefits, including discounted rates on courses and products, members newsletters and access to the founders workshop. Optional placement of contact details on our international register of APPI teachers allows greater access to the community of Pilates.

## Membership message from the Founders

We would like to personally invite you to join the APPI Star Member Program, where you will be in excellent company. You will be joining an exclusive but ever-expanding group of dedicated professionals across the fields of Physiotherapy, Pilates, Health and Wellness whose expertise spans no less than 21 countries. There are numerous benefits to take advantage of, so all we ask you to do is select the membership category which you feel best suits your needs.

**Star Member** - This level is great as an introduction to APPI and provides you with course and product discounts, as well as those all important workout guides!

**Star Member Plus** - Whether you're already an APPI convert or a fitness professional looking to expand your business and skills, Star Plus has some great benefits, including the option to sell our products.

**Star Pro** - This category of membership is reserved exclusively for those who have completed the APPI Matwork Series. This membership also includes an instructor listing on our website and a companion voucher for our courses.

**Global Member** - Given the continuous growth of APPI Education across the world, we now offer an international membership which will benefit those located outside the UK & Ireland even further.

Whatever your choice and interest we very much look forward to welcoming you to the club.

Best Wishes,  
Glenn and Elisa Withers

### Member Benefits

	Star Member	Star Plus Member	Star Pro Member	Global Member
Product Discount	10%	10%	10%	10%
Course Discount	10%	10%	10%	-
Promotional Offers	-	up to 50%	up to 50%	up to 50%
Members Newsletter	Yes	Yes	Yes	Yes
Workout Videos / Library	-	Yes	Yes	Yes
Master Trainer Workshops	Yes	Yes	Yes	Yes
APPI Clinic Discount	15%	15%	15%	-
Free Product	-	Yes	Yes	Yes
Reseller Option	Yes	Yes	Yes	Yes
Website Instructor Listing	-	-	Yes	Yes
Workshop Discounts	-	up to 20%	up to 20%	Yes
Companion Voucher	-	Yes	Yes	-
Discounted Fitpro Membership	-	-	10%	-
Member Events	-	Yes	Yes	Yes
Secret Sales	-	Yes	Yes	Yes
Website Members Area	Yes	Yes	Yes	Yes
1 x Free Online Seminar	-	-	-	Yes





# TESTIMONIALS

"I would like take this opportunity to say that I have found all the material I learnt in your courses really useful and I use it every day in clinical practice"

**Ailish Cleary - APPI Fully Certified Matwork Instructor & MAPPI**

"Very enjoyable, looking forward to utilising in clinical practice and returning for instructor course"

**Tanya Booth - Matwork Level One**

"It was very inspirational and very helpful - lots of great ideas"

**Zarina Dean - Matwork Level Two**

"One of the best courses I've been on. Both tutors were excellent. Thank you!"

**Kate Peckham - Matwork Level Three**

"I work with acute neurological patients, this is very thought provoking, I will apply this in my clinical setting. Thank you!"

**Pilates & Neurology participant - Pilates & Neurology**

"I recently attended the APPI Pilates and the Gym Ball and Theraband Courses. I have never been on a course where I have been able to apply so much of what I had learnt to my clinical practice. I thought the course instructor Sarah was brilliant. Her use of visual imagery has really benefited how I teach the exercises. Her method of explanation was so clear and she drew her examples from her own patient experience. I thought the Theraband course would be at too high a level for the majority of my patients, but found some of the principals aid facilitation which I have found really useful. Thank you so much! I will have to book the small equipment course now!"

**Emily Harvey - Pilates & the Ball and Pilates & the Theraband**

"This course has given me the confidence to apply my Pilates knowledge to this special population. I feel really prepared to start taking classes now - Thank you for a great course!"

**Molly Samson - Ante/Post Natal**

"Excellent - best APPI course I've been on - lots really clicked into place due to the excellent teaching - thank you"

**Caroline Bond - Equipment Level One**

"I completed the equipment training with APPI in 2006 and became a certified equipment instructor in March 2007 having taken the exam in February. The training has completely changed the way I work

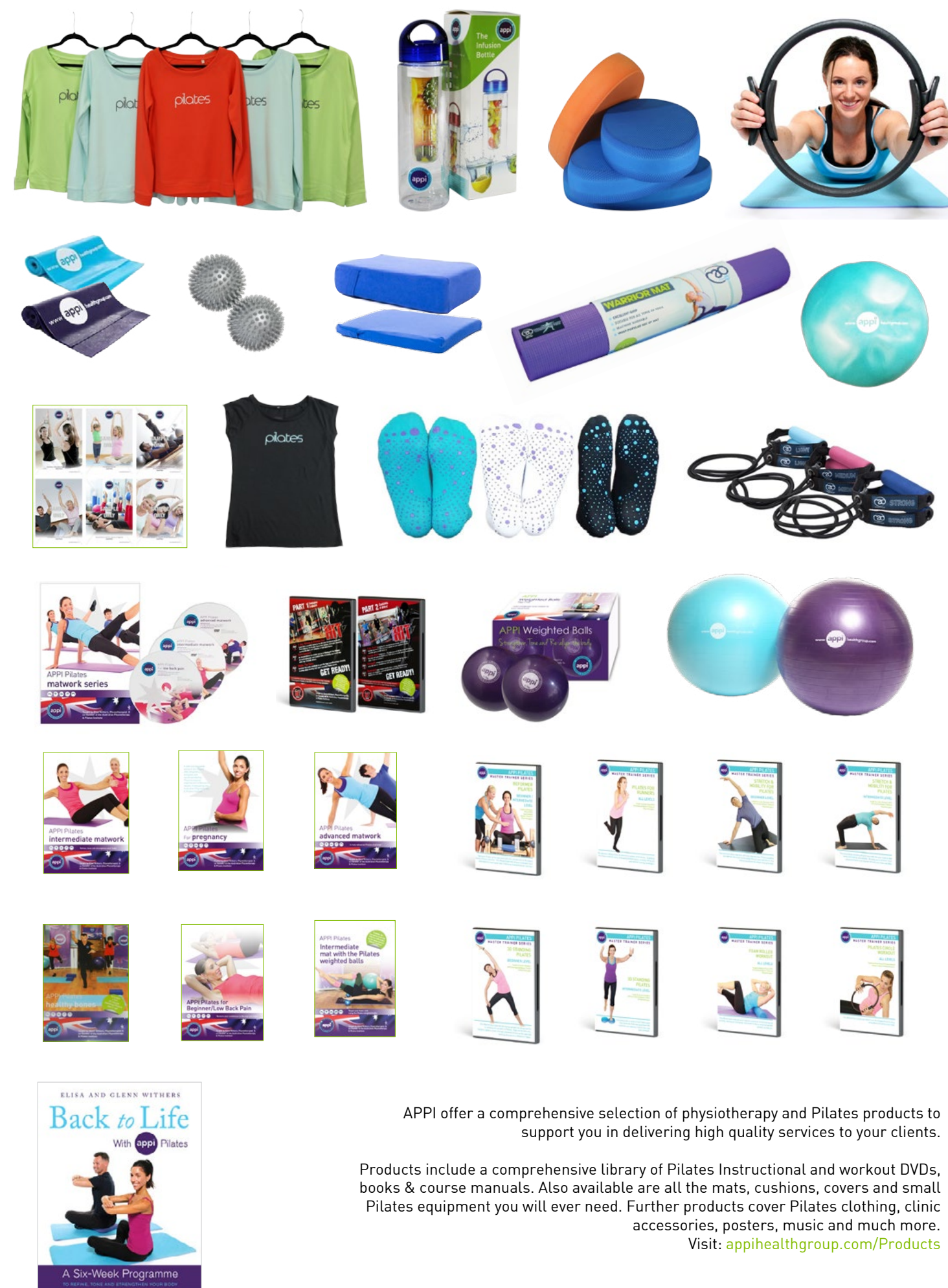
and is, for me, the missing part of the jigsaw. As time has gone on, I have learnt more and more as I use the equipment. I now have a trapeze table and split pedal chair in my clinic room and use it as a routine part of assessment. By getting a patient on the reformer it gives myself and the patient a clear picture of any faulty movement patterns and therefore why they are getting pain. From there I use the equipment to correct the faulty movement pattern and progress on to daily functional activities to whatever levels they aspire to, be it walking the dog or competitive golf. I feel the most valuable way I can use the equipment is in the treatment of patients with persistent pain. These patients often feel they are at the end of the line. By using the equipment and getting them stabilising in a safe and supervised environment it gives them back the confidence to move normally and so reduce their pain by inhibiting tight and over-firing muscles. This, they find incredibly empowering and means that they can influence their own pain. How amazing is that!"

**Claire Sanderson - Fully Qualified APPI Equipment Instructor**

"We had a very positive experience hosting the Matwork Level 1 course at our local hospital. The APPI provide an excellent service - response to email and phone queries was always very prompt and informative and the staff were extremely pleasant to deal with. All in all, I would have no hesitation in hosting another APPI course at our venue - a sentiment echoed by the course participants, most of whom are very keen to partake in the Matwork Level 2 course in the near future!"

**Colette Smee - South Tipperary General Hospital - Host - MW1**

# PRODUCTS



APPI offer a comprehensive selection of physiotherapy and Pilates products to support you in delivering high quality services to your clients.

Products include a comprehensive library of Pilates Instructional and workout DVDs, books & course manuals. Also available are all the mats, cushions, covers and small Pilates equipment you will ever need. Further products cover Pilates clothing, clinic accessories, posters, music and much more.

Visit: [apihealthgroup.com/Products](http://apihealthgroup.com/Products)









*Beyond Mind  
and Movement*

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