

STOTT PILATES® | REHAB

**Grow your
clinical practice**



STOTT PILATES® Rehabilitation Program

Aimed at therapy and medical professionals, the STOTT PILATES Rehabilitation Program demonstrates integration of modified Matwork and equipment exercises into therapeutic conditioning.

The Rehabilitation program courses cover the Therapeutic Foundations of STOTT PILATES and how they integrate with current rehabilitation practices, as well as choreography, modifications, indications and contraindications. Students learn verbal cueing for each exercise, how to assess proper form and correct improper execution, and integrating STOTT PILATES into clinical scenarios.

Course Objectives:

- Examine the Therapeutic Foundations of STOTT PILATES and how they integrate with current rehabilitation practices
- Learn how to teach and apply the STOTT PILATES Five Basic Principles
- Explore the choreography, modifications, indications and contraindications for STOTT PILATES rehabilitation exercises for Matwork and Reformer
- Develop the ability to assess proper form for each exercise and how to correct improper execution
- Outline and practice manual and verbal cueing for each exercise
- Consider the integration of STOTT PILATES into clinical scenarios

Who Can Apply:

Applications are accepted from the following licensed or certified professionals only:

- Occupational Therapists
- Physiotherapists / Physical Therapists
- Chiropractors / Osteopaths
- Medical or Sports Medicine Doctors
- PTA and OTA Assistants
- Final year health professional student
- Professionals with minimum of two years of full-time study from a certifying / licensing / degree-granting institution in anatomy, physiology, injury prevention, exercise prescription with clinical experience, who have been granted the right to assess, diagnose, treat, and prescribe exercise for the rehabilitation and / or prevention of injuries

The Three Phases of Rehab

PHASE 1: Acute Rehab

- Client with injury or post-surgery
- Work can only be done by a PT
- One-on-one treatment
- Working primarily on affected area of the body

Work done during this phase is focused primarily on the injured area with low-load, proprioceptive exercises that target the local stabilizers.

Pilates use in this phase

At this stage low-level, rehabilitative exercises and movement modifications are used that allow the clinician to apply theoretical knowledge to target the affected area.

PHASE 2: Post-Acute/Post-Rehab

- Client has experienced improvement of injury
- Likely one-on-one treatment
- More integrative work by PT to deal not only with the injured area, but also on the integration of the affected joint or part within the entire body

Pilates use in this phase

At this stage, programming progresses to eccentric control of the injured region with a multitude of movements that incorporate Matwork with light props, as well as larger, specialized Pilates equipment.

PHASE 3: Ongoing Conditioning

- Strength building, injury reoccurrence prevention
- Small group-based treatment
- Indefinite length of treatment

Pilates use in this phase

Pilates programming can provide a maintenance system for your patients or clients. This ensures that they continue to build on the strength and stability that has been gained up until this phase, and that compensatory movement patterns are caught early and proper biomechanical and neuromuscular patterns are reinforced.

Rehab Courses

Spinal, Pelvic & Scapular Stabilization

RM1 — Matwork

An introduction to the biomechanical principles of STOTT PILATES and how they apply to modified Matwork exercises. Light equipment including balls, bands and rollers are used to emphasize lumbo-pelvic and shoulder girdle stabilization and the role they play in rehabilitation and injury prevention.

Duration: 3 days

RR1 — Reformer

An introduction to the biomechanical principles of STOTT PILATES and their application to modified exercises on the Reformer. The various features of the equipment help focus on lumbo-pelvic and shoulder girdle stabilization and their importance in rehabilitation and injury prevention.

Duration: 3 days

RCCB1 — Cadillac, Chair & Barrels

Learn to incorporate the different levels of resistance and support provided by the Cadillac Trapeze Table, Stability Chair™ and Barrels to improve mobilization and stabilization of the lumbo-pelvic region and shoulder girdle, with an emphasis on their roles in injury prevention and rehabilitation.

Duration: 4 days

Peripheral Joint Stabilization

RM2 — Matwork

Building on the biomechanical and stabilization principles from RM1, learn Matwork-based exercises with small props designed to prevent and rehabilitate common injuries. Emphasis is on core stability while balancing and strengthening muscles around the peripheral joints to gently mobilize and maintain healthy movement patterns.

Duration: 3 days

RR2 — Reformer

Beginning with a review of the biomechanical and stabilization principles learned in RR1, this level demonstrates modified Intermediate-level exercises designed to rehabilitate and prevent common injuries. Learn to use spring resistance to balance and strengthen muscles around the peripheral joints while maintaining core stability.

Duration: 3 days

RCCB2 — Cadillac, Chair & Barrels

Building on RCCB1, learn to stabilize the musculoskeletal structures with a variety of non weight-bearing and weight-bearing exercises on the equipment. Isolate the joints of the upper and lower extremities while maintaining core stability, then progress to exercises to improve alignment and functional mobility.

Duration: 3 days



Rehab Workshops

We offer specialized workshops that cover a wide variety of important aspects of rehabilitation programming.

Titles include:

- STOTT PILATES Matwork for Breast Cancer Rehab
- STOTT PILATES Programming for Osteoporosis Management
- STOTT PILATES Programming for Scoliosis Management
- STOTT PILATES Flexion-Free Workshop
- Halo® Applications to Global Stability

For more on our Rehabilitation Courses, Workshops or Hosting Program, contact educationsales@merrithew.com

Study Materials

Designed by rehab professionals for rehab professionals, these manuals dissect the source material of the STOTT PILATES® Instructional Manuals illustrating application of the Matwork and Equipment repertoires in a clinical rehabilitation setting while DVDs demonstrate the movements.

Each Support Material Book is brimming with individual exercises and related movements, along with detailed indications and contraindications for various conditions. They provide expert teaching tips for health care professionals as well as Instructors working with the rehab or post-rehab population, and include:

- Theoretical and Therapeutic Foundations
- Five Basic Principles
- Biomechanical Review
- Matwork and Equipment-based Exercises and Modifications
- Case Studies
- Clinical Reasoning Challenges
- Additional Workouts
- Reference List (books, course manuals and articles)



RMR1 Spinal, Pelvic & Scapular Stabilization: Matwork & Reformer
 RMR2 Peripheral Joint Stabilization: Matwork & Reformer
 RCCB1 Spinal, Pelvic & Scapular Stabilization: Cadillac, Chair & Barrels
 RCCB2 Peripheral Joint Stabilization: Cadillac, Chair & Barrels

MN08060
 MN08062
 MN08061
 MN08063

Rehab Support Material Books are used in conjunction with the following Instructional Manuals:	
RM1, RM2	
• Comprehensive Matwork	ST08005
RR, RR2	
• Essential Reformer, 2nd Ed.	ST08016
RCCB1, RCCB2	
• Essential Cadillac, 2nd Ed.	ST08009
• Complete Stability Chair™	ST08015
• Complete Arc Barrel	MN08065
• Complete Spine Corrector	ST08013
• Complete Ladder Barrel	ST08012



Course Packages

Get set for class and save with convenient, all-in-one course packages containing all the study materials required for each Rehab course.



RM1: Rehab Matwork, Module 1

- RMR1 Support Material Book
- Comprehensive Matwork Manual
- Back Care Repertoire DVD

DV80370



RM2: Rehab Matwork, Module 2

- RMR2 Support Material Book

MN08062



RR1: Rehab Reformer, Module 1

- RMR1 Support Material Book
- Essential Reformer Manual, 2nd Ed.
- Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame DVD

DV80371



RM1+RR1: Rehab Matwork & Reformer, Module 1

- Comprehensive Matwork Manual
- Essential Reformer Manual, 2nd Ed.
- RMR1 Support Material Book
- Back Care Repertoire DVD
- Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame DVD

DV80347



RR2: Rehab Reformer, Module 2

- RMR2 Support Material Book
- Peripheral Joint Stabilization with Reformer & Vertical Frame DVD

DV80349



RCCB1: Rehab Cadillac, Chair & Barrels, Module 1

- Complete Arc Barrel Manual
- Complete Ladder Barrel Manual
- Complete Spine Corrector Manual
- Complete Stability Chair™ Manual
- Essential Cadillac Manual, 2nd Ed.
- RCCB1 Support Material Book
- Spinal, Pelvic & Scapular Stabilization on Equipment DVD

DV80348



RCCB2: Rehab Cadillac, Chair & Barrels, Module 2

- RCCB2 Support Material Book
- Peripheral Joint Stabilization on Equipment DVD

DV80350

For more about our education programs, visit merrithew.com/education or contact educationsales@merrithew.com

Pilates Rehab Studio Bundles

Everything you need to start your own studio or clinic. Our Rehab Reformers provide the ultimate setting for rehabilitation exercise, with higher carriage height for easy access for injured and mobility-challenged clients, and come with an array of complementary equipment and accessories.

Pilates Rehab Studio Bundle 1

Matwork & Reformer

Instruct and perform core stability, peripheral mobility and plyometric exercises with exceptional results with these specially priced Rehabilitation equipment bundles. Includes standard equipment used in a Pilates Rehab treatment program and as required for STOTT PILATES® Matwork and Reformer Rehab courses (RMR1 and 2).

Includes

- Rehab V2 Max Plus™ Reformer
- Reformer Box with Footstrap
- Mat Converter
- Padded Platform Extender
- Maple Roll-Up Pole
- Rotational Diskboard™
- Jumpboard
- Arc Barrel
- Ankle Straps
- 2 DVDs: *Essential Reformer, 2nd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-11001



Rehab Accessory Kit

Complete your studio with essential accessories and save!

Includes

- 2 Fitness Circle® Lite
- 2 Regular-Strength Flex-Band®
- 2 Foam Roller Deluxe
- 4 1 lb/0.45 kg Toning Ball
- 2 25.6"/65 cm Stability Ball™
- 2 Mini Stability Ball™, 7.5"/19 cm
- 1 Gripper Mat
- 1 Eco-Friendly Pilates Pad
- 1 pair Rotational Disk, 12"/30 cm
- 2 Stability Cushion
- 1 each Foam Cushion A, B, C

ST-06075



Pilates Rehab Studio Bundle 2 Cadillac, Chair & Barrel

This bundle includes standard equipment used in an expanded Pilates Rehab treatment program and as required for our Cadillac, Chair & Barrel Rehab courses (RCCB1 and 2).

Includes

- Cadillac/Trapeze Table
- Split-Pedal Stability Chair™ with Handles
- Ladder Barrel
- Spine Supporter
- Spine Corrector
- 12" Rotational Disks [pair]
- 2 DVDs: *Essential Cadillac, 2nd Ed.* and *Essential & Intermediate Stability Chair, 2nd Ed.*

ST-11002



Rehab One-on-One Studio Bundle

Our Rehab One-On-One Studio Bundle is ideal for small Pilates businesses with limited space. This amazing bundle option is an easy and affordable way to offer a fully equipped rehab studio to your clients.

Includes

- Rehab V2 Max Plus™ Reformer
- Reformer Box with Footstrap
- Mat Converter
- Padded Platform Extender
- Maple Roll-Up Pole
- Arc Barrel
- Ladder Barrel
- Split-Pedal Stability Chair with Handles
- 2 DVDs: *Essential Reformer, 3rd Ed.* and *Athletic Conditioning on V2 Max Plus™ Reformer, Level 1*

ST-11045



Rehab Enhanced One-on-One Studio Bundle

This bundle adds a Cadillac to the One-on-One Studio Bundle.

ST-11046

For a complete listing of clinic and studio equipment and accessories visit merrithew.com/shop



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