

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: ROTATOR CUFF TENDONITIS/SHOULDER IMPINGEMENT/SYNDROME (BASIC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (MATWORK)	Supine Puppet Arms + Protraction/Retraction, Supine TB Rotator Cuff Pulls PC CL1 SLL STS H1 Basic Back Extension	-	6 6 6 6 6 each side (es) 6 es 6 es 6	1
Leg & Footwork (REFORMER)	Dbls Raises Prances Single H & T	2.5	8 8 8 6 es, 6 es	2
Abdominals (CADILLAC)	Arms Supine Series: 1, 2, 3, 4	Arm Springs	4 each exercise	7
Legs Strapwork (CADILLAC)	Frogs Circles Openings Walking Stretch	Leg Springs	6 6 each direction 6 each direction 6 3 BC	8
Spinal Articulation (REFORMER)	Pelvic Curl	3	5	3
Hip Flexion I (REFORMER)	Scooter	1	8	3
Hip Flexion II (REFORMER)	Elephant	1.5	8	5
Lunges (REFORMER)	Basic Lunge	1	3-5 BC es	6
Box Work	OMIT	-	-	-
Arm Work (PED-A-PUL)	Ped-a-Pul Arm Series: Double Arm Press Circles Shrugs and Triceps	Ped-A-Pul Springs	4 4 each direction 4	9
Additional Leg Work (MATWORK)	Wall Glutes Series: Side Lifts Forward and Lift Forward Drops Magic Circle Basic Adductor Squeeze Wall Glute Stretch	-	6 es 6 es 12 es 6 3-5 BC	10
Lateral Flexion (WC)	Side Reach		4 es	11
Extension (MATWORK)	Prone Breathing BBE Rest Position (with modified arm position)	1	3-5 BC 6 3-5 BC	12
Body Integration (MATWORK)	Quadruped Breathing Kneeling Scapula Protraction/Retraction Kneeling Swimming (legs only with hands sliding along the floor)	-	3-5 BC 6 each 6	13
Release (MATWORK)	Ball Seated Thoracic Extension (hands crossed over chest)		4	14