

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: ANKLE SPRAIN (PROGRESSIVE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (MATWORK)	Roll Down PC CL2 SLL (Alt) STS H3 Roll Ups	-	3 8 8 5 each side (es) 5 es 5 es 6	1
Leg & Footwork (REFORMER)	Doubles (H, HW, T, TW) Raises Prances Single Heels (one leg in TB) (Footboard/Jumpboard if available)	2.5	8 each 10 12 6 es	2
Abdominals (REFORMER)	100s Co-ordination		10 BC 6	3
Legs Strapwork (SC)	Leg Series: Scissors, Openings, Bicycles (no weights)		6 es, 6, 6, es	7
Spinal Articulation (MATWORK)	Ball Wall Roll		4	8
Hip Flexion I (WC)	Cat Stretch	1/3	8	9
Hip Flexion II	OMIT			
Lunges (REFORMER)	Basic Lunge	1	3-5BC es	4
Box Work	OMIT			
Arm Work (REFORMER)	Arms Sitting 1-3 (Sitting on LB)	1	8 each	5
Additional Leg Work (WC)	Standing Leg Press	½ or 1/3	6 es	10
Lateral Flexion (WC)	Side Reach	1/3	6 es	11
Extension (REFORMER)	Pulling Straps 1, 2	1	8, 8	6
Body Integration	Wobbleboard Proprioception	-	3-5 BC	12
Release (MATWORK)	Supine TB Hamstring Stretch + gentle TB Calf Stretches	3BC	3 – 5 BC each	13