

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: HIP OSTEOARTHRITIS (BASIC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up	Pelvic Clocks, Hip Release Sliding, IMP, PC, CL2, SLL, STS, H2	-	6, 6, 6, 6, 6 each side (es), 6 es, 6 es	1
Leg & Footwork	REF Dbls, R, P, Sgl H Basic, Sgl T Basic	2.5	10, 10, 10, 6 es. 6 es	2
Abdominals	CAD Arms Supine Series, 100s Prep (feet on ball)	Arm Springs	4 each 10 BC	9
Legs Strapwork	CAD Sgl Leg Press, Sgl Leg Circles	Leg Springs	6 es, 6 es	10
Spinal Articulation	REF PC	3	4	3
Hip Flexion I	REF Scooter, Knee Stretch Round	1.5	10 es, 6	4
Hip Flexion II	REF Elephant (modified)	1.5	6	5
Lunges	- REF Basic Lunge	1	Twice each side	6
Box Work	- REF SB Genie	All	6	7
Arm Work	CAD Standing SB Pulls	Spring Bar	3	11
Additional Leg Work	Wall Glutes 1 (Side Lifts), Kneeling Glute Series 1 (Bent Leg Lifts), MC Basic Adductors, Wall Gluteal Stretch	-	6 es, 6 es, 6, 3BC es	13
Lateral Flexion	CAD Side Sitting 1	TL1	6	12
Extension	REF Pulling Straps 1,	1	4	8
Body Integration	Seated Ball Clocks, Tilts, Leg Lifts, Wobble-board Balance	-	6, 6,	14
Release	HB Prone Stretch	3BC	1	15