



Spinal Asymmetry and  
Scoliosis Essentials-1 for  
Pilates Method Movement  
Educators (PMME)

By Dr. Suzanne Martin  
@ b.Align Pilates Studio  
Kuala Lumpur,  
Malaysia

2<sup>nd</sup> Aug to 4<sup>th</sup> Aug 2019

**Course Fees:** USD 800 (*early bird special USD750*)

**Registration**

**Dateline:** 30<sup>th</sup> June 2019 (*Early Bird 31<sup>st</sup> May 2019*)

**Venue:** b.Align Pilates Studio  
A2-3-3 Solaris Dutamas 1  
Jalan Dutamas 1  
50480 Kuala Lumpur  
Malaysia

**Date & Time:** 2<sup>nd</sup> August, Friday 2pm - 6pm  
3<sup>rd</sup> August, Saturday 9am - 6pm  
4<sup>th</sup> August, Sunday 9am - 6pm  
( 2½ day course)

**Lunch & Break:** 1 1/2 hour lunch and 2 breaks of 15 mins each.

**PMA:** 16CECs Hours

**Suitable For:** Comprehensively Certified Pilates Instructors,  
Physical Therapist, Occupational Therapist  
and Fitness Professionals

**Fees Includes:** Manual - Spinal Asymmetry and Scoliosis book  
& A set of wedges

*For Payment Method, Cancellation Policy and other Terms & Conditions, refer to Registration Form.*

[www.b-alignpilates.com](http://www.b-alignpilates.com)

email: [course@b-alignpilates.com](mailto:course@b-alignpilates.com)

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# Course Description

Clients with asymmetries have directional biases, fascial restrictions, and compensatory patterns due to positioning in utero, handedness, direction preference, eye dominance and life experiences.

**Essentials-1** covers the patho-mechanics, how the biomechanics of abnormal anatomy differs from expected anatomy, as well as the pathophysiology of fascial compensations and confounding bone issues involving curve classification, spinal degeneration and osteoporosis.

## Course Objectives

- 1) Better understand how to explain the meaning of spinal asymmetry and scoliosis, its causes, development and progression from youth through the stages of adulthood, including psychosocial impact upon youth, fertility, and adult phases of life.
- 2) Better understand the role of the Pilates instructor in a client's care team, whether medical or non-medical, differentiating the PMME role of influence in the management of a lifelong condition.
- 3) Better understand the altered anatomy, the altered biomechanics and characteristics of the physiology associated with spinal and functional asymmetry.
- 4) Learn to apply assessments to identify the individual's scoliosis attributes (Scolio-Cues) to be used throughout the exercises and identify functional preferences adding to the spinal asymmetry.
- 5) Learn to apply the 3 E strategy as a framework involving somatic, corrective and conditioning concepts and exercises within the Pilates environment.
- 6) Learn the use of the Activ-Wedge® and Scolio-Cues to make symmetrical exercises asymmetrical, and asymmetrical exercises more effective.
- 7) Learn contraindications and precautions in working with this special population in the Pilates environment.
- 8) Learn to apply an evidence-based Pilates environment framework for a safe exercise program used as an adjunct to medical care.

*Upon completion of the course*, participants have the opportunity to test out and join the evidence-based licensure program for an additional fee.

# The Presenter



**Dr. Suzanne Martin**

A physical therapist and Pilates expert with a private practice in the SF Bay Area, Total Body Development. She has authored four titles on fitness for DK Publishing, a division of Penguin Group, and has recently launch her new book *Spinal Asymmetry and Scoliosis* through Handspring Press. She has written regular columns on health topics for Dance Magazine, Pilates Style and Dance Studio Life.

Suzanne presents workshops and master classes worldwide and in the US, through Balanced Body University, the PMA and other providers, as well as through her own company, Pilates Therapeutics LLC. Pilates Therapeutics is an education company, formed in 2002 to produce and distribute educational videos, workshops and continuing education courses, designed to present the Pilates Method as a rehabilitation modality for a variety of health and fitness conditions.

## **Certifications | Qualifications:**

Doctorate of Physical Therapy, 2004

Masters of Physical Therapy, 1997

Pilates Method Alliance: Master Pilates Trainer (Gold Certification) and PMA®-CPT, 2005-present

American College of Sports Medicine, Specialist in Exercise for Cancer; Exercise Physiologist, 1988-present

St. Francis Memorial Hospital; Pilates Rehabilitation Trainer, 1988

American Council on Exercise; Group Fitness Trainer, 1988-present

Moms on the Move, Pre-& Post-natal Exercise, 1988

State of California Teaching Credentials: College-level Dance;

Physical Fitness Older Adults, 1980