

Injury & Special Populations – ISP

Equips you with the skills and in-depth knowledge required to address a broad range of physical challenges among your clients. Successful completion of ISP and advanced courses is required for full STOTT PILATES™ Certification. At the completion of this lecture- demonstration, you will be able to customize your client's workouts to address particular weakness, conditions, postural problems or injuries.

You Learn:

- How to address a variety of injuries, weaknesses and conditions including lower back pain, spinal conditioning, hip and knee replacements
- Addressing shoulder problems, neck and shoulder tension, fibromyalgia, arthritis, pregnancy
 - Application of appropriate STOTT PILATES™ biomechanical principles
 - Workout design for personal training programs and specialty classes
- Appropriate modification of Matwork, Reformer, Cadillac, Chair and Barrels exercises
- Effective communication, visual skills, verbal cueing and imagery for client motivation



PREREQUISITES

IR, IMP or CMR

DURATION

24 hours of instruction

CAPACITY

Maximum 12 students

FEE

Please call 886-7744 for more information or write Studio@vivianzapanta.com

Required educational material, for each participant:

ISP Manual
ISP Support Materials

Prices may change without prior notice.

\$200 US dollars reservation fee per course required & balance must be paid 2 weeks before the onset of the course.

Upcoming Training Dates

Please click studio page and calendar to check for dates and times of this course.