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THE AUSTRALIAN PHYSIOTHERAPY & PILATES INSTITUTE



Clinical Matwork Certification

Online **Live-stream** **In-person**

Our unique step by step Programme allows your client to begin Pilates from any level of pain, dysfunction or exercise level and has been designed for those of you teaching in the rehabilitation setting or looking to offer clinically-safe Pilates techniques.

About the course

This course is divided and broken down into three levels taking you from foundation level to intermediate and advanced movements of the Pilates movements in the APPI repertoire.

We look at all types of pathology, movement patterns, neuro-muscular timing and neural pathomechanics to underpin the use of each and every exercise in the Programme. The traditional Pilates repertoire is broken down into clearly defined levels to ensure a standard, gradual progression towards normal functional movement is achieved. Scientific evidence on movement dysfunction, integrated musculofascial patterns, pelvic stability and functional movement retraining form the theoretical foundation for the APPI curriculum.

Why Clinical Matwork

APPI's approach has become recognised as the industry leader in safe and effective Pilates exercises. Our founders' original work analysed the classical Pilates exercises and broke these down into four to six levels of each exercise.

We have analysed all 34 traditional Matwork Pilates exercises, and broken them down into a step-by-step guide from day one pain right through to elite level sport. Most importantly, every stage has a clinical reason as to why you should choose that exercise for your client.

Eligibility:
This course is open to those who have a 3 year or more Allied Health Degree.

GET IN TOUCH

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I was able to watch the videos repeatedly and practice the movement correctly. The exercise instructions are so clear. I even listened to the lectures over and over whilst driving. It was so convenient that I could watch and listen to it anytime within the 7 days that I have access to.

I thoroughly enjoyed all of it! I enjoyed it and I am very pleased to be part of this community and I cannot wait for my patients to enjoy learning new movement and exploring their potential too!

Course content

Level 1

The foundation level. During this course you will develop a solid foundation for Pilates teaching, using the five key Pilates elements of the APPI Pilates approach and learn a variety of beginner level movements addressing lumbo-pelvic stability, postural education, correct movement patterning and body awareness.

You will also review recent research on spinal stabilisation and pelvic stability and apply this to the APPI beginner series of Pilates movements.

You will be taught sixteen movements for training lumbo-pelvic, scapulo-thoracic and cervical stabilisation through a mixture of observation, self-participation and practice teaching.

Either as a group, or in your own time you will asses the clinical application of the Pilates movements at the time of their teaching to greater understand how these can be applied to patients and clients after the course, whilst reviewing case studies and treatment plans.

Level 2

The next level in the Matwork Pilates training series which focuses on group teaching and empowers you to begin the journey from clinician to instructing Pilates classes.

During the course you will learn the vital aspects of assessment, screening, class planning, warm-ups and cool downs.

GET IN TOUCH

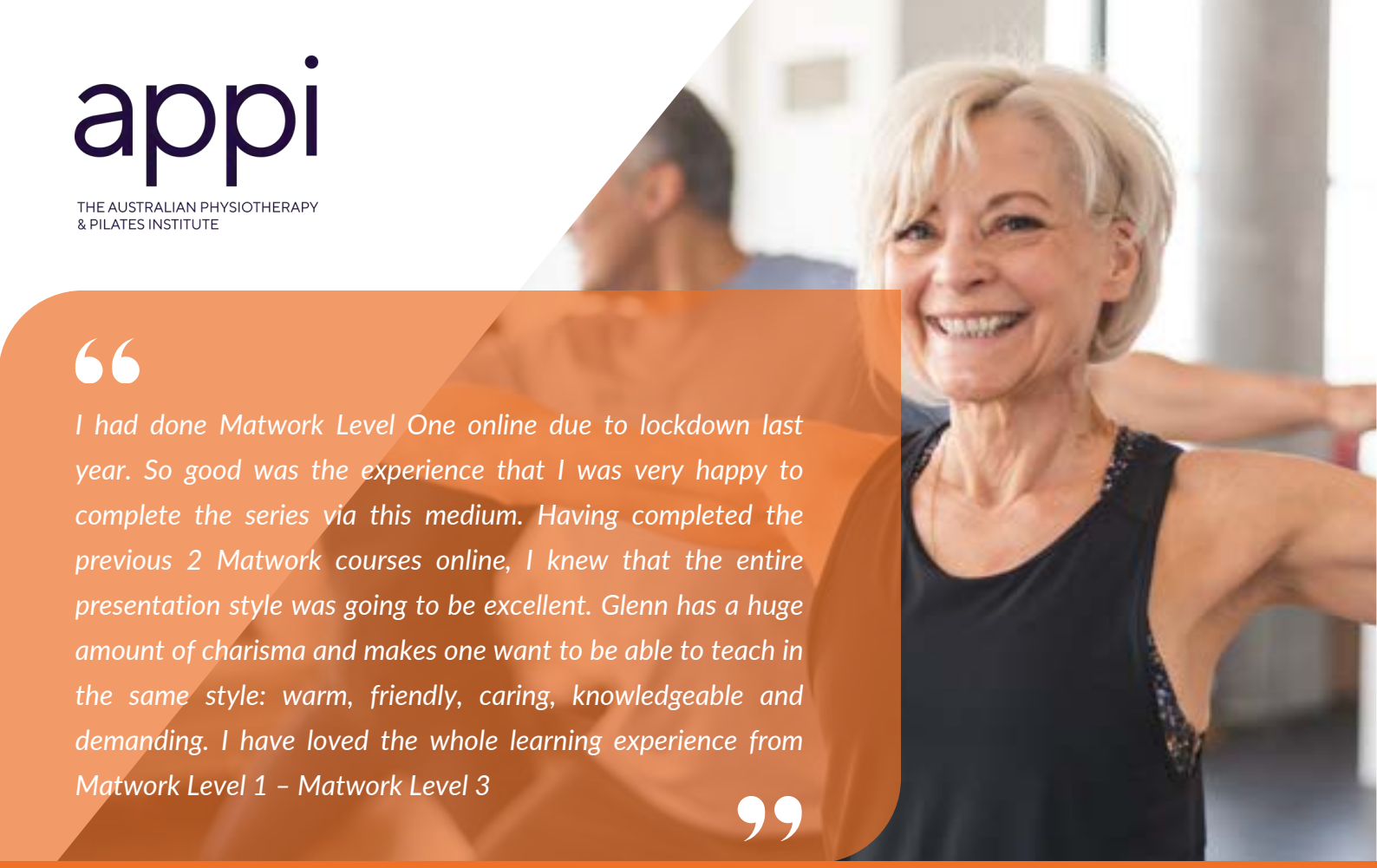
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I had done Matwork Level One online due to lockdown last year. So good was the experience that I was very happy to complete the series via this medium. Having completed the previous 2 Matwork courses online, I knew that the entire presentation style was going to be excellent. Glenn has a huge amount of charisma and makes one want to be able to teach in the same style: warm, friendly, caring, knowledgeable and demanding. I have loved the whole learning experience from Matwork Level 1 – Matwork Level 3

Course content

Level 2

This course begins to incorporate a large amount of standing Pilates exercises to further enhance the clients ability to progress the Matwork exercises from the Level One course. This leads to greater bone building capacity of the client and ads a large functional component to your classes.

You will also learn class designing, population specific class Programme creating, use of small equipment in Pilates classes and a specific workshop on stretching in Pilates classes. Moreover, you will learn and refine your cueing skills which are essential in running a seamless class and learn how to achieve flow in your Pilates mat classes.

Level 3

The third and final level in the APPI Pilates Matwork Certification Series, which focuses on the intermediate and advanced movements of the Pilates movements in the APPI repertoire.

During this course, you will progress your Matwork Level One and Two exercises to the next levels of the movements you have learnt previously. By now, you will be well aware of APPI's unique level based system.

On Level Three you will progress the exercises taught at Level One to a higher level. In addition, you will add a further 11 new exercises to progress your clients' strength, flexibility and mobility.

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