

CTC Physiotherapy hosts APPI Matwork Level 1



Matwork Level 1 is the first in the series for the Matwork Certification. It is also the foundation course for all modified Pilates teaching courses. This course introduces the Pilates technique, relevant research, beginner level exercises and contra-indicated exercises. Sixteen movements for training Lumbo-pelvic, Scapulo-thoracic and cervical stabilisation are learnt through observation, self-participation and practice teaching. Discussions of the clinical application of the Pilates movements will occur at the time of their teaching to provide participants with the understanding to be able to teach these exercises to patients and clients after the course.

Date: 30th – 31st July
Time: 8.45am—5.00pm
Venue: CTC Physiotherapy Crewe
Price: £250

The **Australian Physiotherapy & Pilates Institute**® (APPI) is now firmly established as a world leader in post-graduate Pilates training for Physiotherapists and equivalent degree therapists. The APPI Pilates Method provides Physiotherapists with a clinical and user friendly tool for retraining correct activation of the Multifidus, TrA muscles and pelvic floor muscles. It consists of a progressive repertoire of mat based exercises designed specifically for Physiotherapists to teach to the clinical population. The APPI delivers courses in 9 countries with over 3000 therapists beginning their training each year.

For bookings contact: Vicky or Gemma
Call 01270 214290 or email therapies@ctcphysio.co.uk