

Tendon Management within a Pilates Studio Environment



Presented by
Julia Frankish and Kate McGillivray



Julia Frankish

Julia has been instructing Pilates since 2015, and holds a Level 4 Professional Practitioner qualification with Australian Pilates Method Association (APMA).

She has worked closely with physiotherapists during her career and has a particular interest in lower back pain, lower limb dysfunction and spinal injuries.



Kate McGillivray

Kate's extensive physiotherapy and sports science qualifications have allowed her to become an elite sporting physiotherapist, working with the Australian Gymnastics team amongst others.

She has a special interest in the use of Pilates-based exercise for rehabilitation and specific fitness conditioning.

Learn about tendon pathology at this exciting workshop...

The Pilates studio is an ideal location to work with clients presenting with tendon pathology. In this 2-part lecture and practical demonstration, we will discuss the pathophysiology of tendons, specifically with respect to Gluteus medius, hamstring, Achilles and tennis/golfers elbow.

We will work through exercise selection appropriate with the Pilates environment.

The aim of this workshop is to use our combined experience and knowledge to disseminate current research and work within a Pilates framework to give instructors the confidence to manage different tendon pathology.

Saturday 29, June, 2019 1:00 pm – 5:00 pm

Aligned for Life Pilates, Level 4, 370 Little Bourke Street, Melbourne

Prerequisites... This workshop runs at a Continuing Education level, for:

- Pilates instructors with a Certificate-or-above qualification

Materials... will be supplied on the day / prior to the day

Informal assessment will include... blended lecture-style learning and practical work in small groups

Continuing Education Points

PAA PDPs = TBC APMA CECs = 4

Cost \$200

How to register?

Access our website (www.nationalpilates.com.au) to register.

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