

# Dynamic Hip Stability



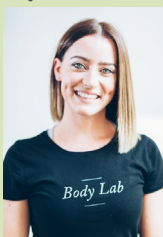
Presented by  
**Julia Frankish and Kate McGillivray**



## **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.

**Come to this workshop to learn about hip structure and function, and how to manage hip pathologies in a Pilates environment.**

The hip is a complex multidirectional joint, and is often misunderstood. With a combined approach of lecture and repertoire, we will explore the implication of hip pathology to movement and muscle function.

This will give the Pilates teacher an understanding of the biomechanics, pathomechanics and tools to clinically reason through exercise selection to hip pathology.

**Saturday 20 July 2019, 2:00 pm – 6:00 pm**

**Aligned for Life studios, L 4, 370 Lt 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 = JF / KMcG to provide APMA CECs = 4 (TBC)**

**Cost** \$200

**How to register?**

Access our website ([www.nationalpilates.com.au](http://www.nationalpilates.com.au)) to register.

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