

B.E.T. Physio-Pilates Rehabilitation

Level 1a: Introduction to Theoretical and Practical
Neuromuscular Re-education Concepts

Level 1b: Basic Neuromuscular Assessment and Treatment
for Pilates – based Physiotherapy Interventions



Disrupted muscular control associated with pain, poor posture or altered biomechanics is a component of many chronic or recurring muscular-skeletal clinical conditions seen by physiotherapists.

B.E.T. Pilates is a systematic and progressive therapeutic exercise intervention for rehabilitation developed by Rochenda Howard (Torontonian physiotherapist) and Julia Ellis (professional ballerina and instructor), based on the Pilates Method. (For more information on BET Physio-Pilates: www.betphysiopilates.com)

B.E.T. courses are designed to address imbalances in neuromuscular control inherent in chronic or recurring conditions. The Primary objectives are to learn, as clinicians, how to identify the dysfunctions (1b), and effectively facilitate NMS activity to restore a balanced posture, trunk stability and pain-free movement (1a). These courses are practical in nature. Level 1a provide exercise intervention content and theoretical concepts; 1b train clinical assessment skills easily integrated into your current treatment approach to enhance your clinical outcomes. No Pilates Apparatus is utilised in Level 1. Intervention mat exercises are adapted and modified based on classic Pilates Mat work; relevant for foundational physiotherapy clinical applications.

Vancouver practical workshop instructor: Susan Ting

Level 1a: January 22-23, (Saturday – Sunday), 2022

Level 1b: February 12-13, (Saturday – Sunday), 2022

Time: 9:30am – 5:00pm

Venue: The Arthritis Society. 895 West 10th Ave (corner of Laurel and 10th), Vancouver V5Z 1L7.

Registration Deadline: January 13, 2022 | Course fee: \$1,500.00

Payment instalment option: Payment for 1a \$750 and \$100 deposit (non-refundable) due on Thursday, January 13, 2022. Payment balance for 1b due on Thursday February 3, 2022.

Exciting new features introduced for the first time in BET's history in education: additional follow-up support upon completion of Level 1b!

- Live-stream: 4, follow-up exercise 'classes' for review of content

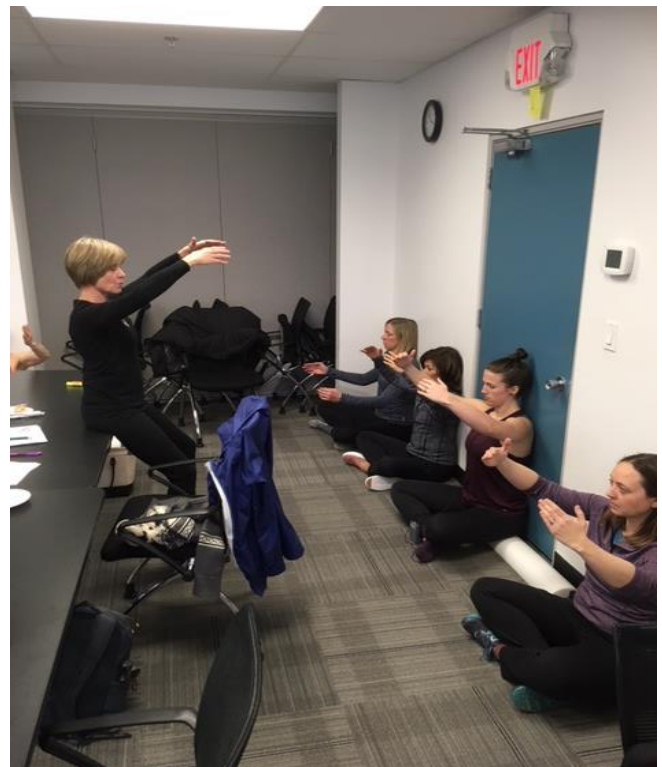
- Recorded practical review demos
- Membership in BET online Academy
- Monthly office hours / Webinars prn

B.E.T. Pilates Level 1a: Introduction to Theoretical and Practical Exercise Training Concepts using Pilates mat work / floor exercise

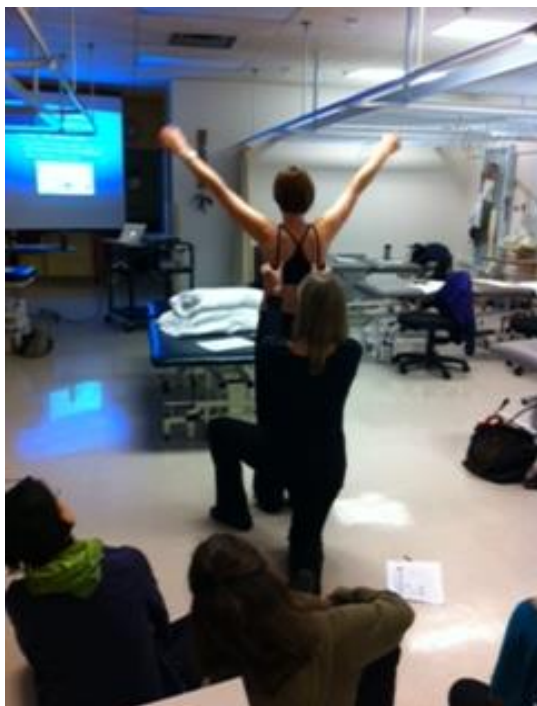
Workshop Objectives and content:

Participants will

- Learn an evidence-based system to effectively teach activation of the key stabilising muscles of the trunk, consisting of the Lower Quadrant: Pilates' primary power house - lumbar-pelvic girdle stabilization; and the Upper Quadrant: Pilates' secondary power house – scapular-thoracic girdle and cervical-thoracic stabilization.
- Learn a series of progressive therapeutic mat level treatment intervention principles and exercises to systematically train trunk control and efficient movement patterns
- Workshop will consist of:
 1. Treatment intervention demonstrations
 2. Participants practice interventions on self
 3. Participants practice administering treatment



B.E.T. Pilates Level 1b - Basic Neuromuscular Assessment and Treatment



Course Objectives

Participants will

- Assess for muscular and skeletal imbalances associated with posture
- Assess for basic imbalances in neuromuscular performance
- Utilise assessment findings and a clinical reasoning process to generate treatment plan based on Pilates based therapeutic exercise
- Practice Pilates –based neuromuscular treatment interventions and correlate to assessment findings

Workshop Instructor



Susan Ting is Sydney (Australia) trained. She was fortunate to have accumulated varied clinical experiences in neurology, musculoskeletal and sports physiotherapy at national and international athletic events in Asia prior to settling in Vancouver.

Susan met Rochenda Howard on her first BET level 1 course in Hong Kong in 1998. Both Rochenda and Susan have special interests in muscle function and motor learning, and in how biomechanical and muscular movement imbalances contribute to painful conditions.

In BET she was excited to find a rehabilitation model with active muscular control re-training approach that integrates both neurological and musculoskeletal system in movement and biomechanical normalization. In 2005 Susan began formal training and mentorship with Rochenda. She completed her certification in 2010 and established a BET Physio-Pilates practice in Vancouver.

Susan also practices physiotherapy in rheumatology at the Mary Pack Arthritis Program, Vancouver Coastal Health. She is instrumental in introducing and integrating BET Physio-Pilates approach into exercise programs for Osteo and Inflammatory arthritis management, post-hip and knee joint replacement rehabilitation. She contributes this approach as a participating teaching faculty on MPAP team that offers Arthritis Continuing Education (ACE) courses.

Course Registration

Name:

Place of work:

Mailing address:

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Contact email: Contact number:

Enquiry: Susan Ting biokinetik@gmail.com | Tel: 604.999.9864

Payments can be made by e-transfer to the email address or by cheques made payable to: Susan Ting.
Mailing address: 147 West 13th Avenue, Vancouver, B.C. V5Y 1V8.

Maximum participants per workshop = 6.