

Course Instructor:

Susan Ting

B.Applied Science (PT)

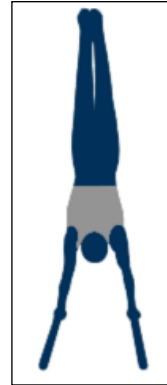
Susan Ting trained in Sydney, Australia. She met Rochenda Howard on her first BET course in Hong Kong in 1998. In BET she was excited to find a rehabilitation model with active muscular control re-training approach that integrates both neurological and musculoskeletal system in movement and biomechanical normalization. Susan began formal mentorship with Rochenda and established a BET Physio-Pilates practice in Vancouver. She continued on with mentorship to advance as BET course instructor.

Since 2006, Susan also practices 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, Spondyloarthropathy in particular, post-hip and knee joint replacement rehabilitation exercise guidelines for VCH. She is passionate about muscular rehabilitation, helping clients optimize their muscle and joint movement efficiency.

Workshop Location:

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

Contact Susan Ting: biokinetik@gmail.com



BET PhysioPilates

Caption describing picture or graphic.

Level I
Introduction to

Theoretical and
Practical
Neuromuscular
Assessment and
Re-education Concepts

for

Pilates - based
Physiotherapy
Interventions



BET
PhysioPilates

the science of movement
a balanced solution

Course Delivery:

This course will be presented utilizing a hybrid model of on-line learning and in-studio training; followed by on-line support and mentorship

Theoretical content is presented on-line via Embodia Academy; available to purchase upon registration and for required viewing in advance of the studio sessions.

The online and in-person studio training is based on the theoretical concepts and provides practical content and concepts easily integrated into your current treatment to enhance your clinical outcomes.

An online exercise resource supports studio sessions. Embodia members may use this resource for patient exercise prescription.

Level I course fees and content:

Online Content: * required
free or discounted for Embodia members

Online Theoretical Content: approx. 1 day

Introduction to BET PhysioPilates System
In the Studio with BET PhysioPilates
Recorded Theory Lectures. \$276.00

- Level 1a Treatment of Posture Control
- Level 1b Assessment of Posture Control

Online Practical Content: approx. 3 days

Recorded Practical Labs. \$1050.00

- Level 1a Treatment of Posture Control
- Level 1b Assessment of Posture Control

BET Exercise Library Resource Package: \$49.99

In Person Practical Content: 1.5 days

Studio Training and Case Study: \$500.00. (The case study includes yourself!! and, live patients to aid learning when possible)

BET PhysioPilates Level Ia:

Introduction to Theoretical and Practical Neuromuscular Re-education Concepts and Pilates based Exercise Intervention.

BET PhysioPilates Level Ib:

Basic Neuromuscular Assessment and Treatment with Pilates based Neuromuscular Re-education Concepts.

Level 1 includes a **ball (treatment accessory)** and the following online follow-up support

- Live-stream: 4 monthly exercise 'classes' for a) review of practical content and b) continue to fine tune your own 'centre'
- Membership in the BET online Academy

Class size is restricted to a very small group to ensure high teacher to participant ratio and for closely guided practice time and case study.

The in-person studio course will run from 1:00 - 5:00 and 9:30 - 5:00. Dress comfortably.

This is a HANDS-ON approach. *No large Pilates equipment is utilized at this level*

Additional Bonus! *FitforPhysio*
You, yourself will benefit from the intensive training by re-balancing and changing your 'centre' while gaining a unique appreciation of
the Power of Posture!

Cortico-Neuromuscular Rehabilitation

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

BET PhysioPilates is a progressive, systematic, evidence informed therapeutic exercise system based on the Pilates Method.

This approach is designed to address specific imbalances in neuromuscular control inherent in many musculoskeletal conditions, and facilitating the restoration of balanced posture, trunk stability and pain-free movement.

The course is run as a hybrid model of online and studio learning with extensive online course resources.

