



Scolio Pilates®

## Scolio-Pilates® Education Program

The **Scolio-Pilates® Professional Seminar Module 1** course is an **8-hour course** which is designed to be an “Experiential Approach to Understanding Scoliosis”. This course is designed to lay the groundwork for students wishing to proceed to a clearer understanding of three-dimensional correction of scoliosis. As the students understand the changes in the spine and throughout the body that create the scoliosis syndrome, they will have a firmer grasp of why and how corrections to the alignment must be applied. Students will learn to define scoliosis in the following categories: congenital, neurologic, syndromic, or idiopathic; functional vs structural; the 3-dimensions of scoliosis and the asymmetries of scoliosis. Students will learn to define the changes occurring anatomically that they see when using the Scoliosis-meter with the Adams Test and how these changes apply to Fryette’s and Wolf’s laws. Once understood, these three-planes will help the students make corrections in these three planes of movement when they move onto the next course, the Scolio-Pilates® Professional Seminar, Module II course. This course is appropriate for Scoliotic-clients, Pilates Instructors, Physical Therapists, Physiotherapist, and medical doctors and nurses.

The **Scolio-Pilates® Professional Seminar Module 2** is a **16-hour course** taught in concert with the Module 1 course. This course is designed to build upon the information taught by adding full-body assessment for scoliosis clients/patients; assessing the changes that occur globally with scoliosis; understanding the exercise and movement challenges of scoliosis; defining 3, 4, and Thoracolumbar curves; applying scoliosis-specific exercises with progressions in prone, supine, standing, seated, side-lying and quadrupeds for a client/patient with scoliosis. Students will also learn course programming and contraindications for scoliosis. This course is appropriate for Pilates Instructors, Physical Therapists, Physiotherapist, medical doctors, and nurses.

**The Module III: Scolio-Pilates® Professional Seminar Module 3, Mentorship Workshop** is a **24-hour course** taught in concert with Modules 1 and 2 courses. This workshop is designed to build upon the information taught by developing an in-depth foundation in: (1) Scolio-Pilates; (2) scoliosis critical thinking and problem solving; (3) exercise-based client management; and developing basic business practices and skills to become a successful Scolio-Pilates® Authorized Practitioner. With the hands-on experience obtained after Module 2, the Mentorship program expands the student’s critical thinking skills in Scoliosis exercise and movement challenges with an in-depth understanding of scoliosis: congenital, syndromic, idiopathic, and functional vs structural; expanding the student’s ability to explain and document the 3-dimensions and asymmetries of scoliosis; increasing the student’s the ability to accurately assess a scoliosis client and develop and documented an exercise-based management program; and, enhancing the quality of the Scolio-Pilates® program through continuous improvement, education, and collaboration with a team of Authorized Practitioners. This course is appropriate for Pilates Instructors, Physical Therapists, Physiotherapist, medical doctors and nurses who have completed Modules 1, 2 and a minimum of 6-months of hands-on Scolio-Pilates experience with clients/patients.

## **Pilates Teck's Scolio-Pilates® Program Course Structure:**

### **Module 1: Scolio-Pilates® Professional Seminar (8-hours)**

**Course Objective:** To develop a strong base for scoliosis specific exercise and movement practices.

**When the course is complete you will be able to:**

- Exercise/movement challenges of scoliosis.
- Define scoliosis: congenital, syndromic, idiopathic | functional vs structural.
- 3-dimensions of scoliosis.
- Define asymmetries of scoliosis.
- Use of the Scoliometer / Adams Test.
- Apply five (5) elongation exercises with their progressions to a client with scoliosis.
- Contraindications for Scolioses.

### **Module 2: Scolio-Pilates® Professional Seminar (16-hours)**

**Course Objective:** To develop a strong foundation in scoliosis specific exercises and movement practices.

**When the course is complete you will be able to:**

- Perform a full-body assessment for scoliosis clients/patients.
- Assess the changes that occur globally with scoliosis.
- Define 3, 4 and thoraco-lumbar curve scoliosis curve types.
- Create corrections in prone, supine, seated, standing, side-lying and quadruped.
- Apply specific breathing techniques in prone, supine, seated, standing, side-lying and quadruped.
- Learn and apply scoliosis specific corrective exercises in prone, supine, seated, standing, side-lying and quadruped.

### **Module 3: Scolio-Pilates® Mentorship Workshop (24-hours)**

**Course Objective:** To develop an in-depth foundation in: (1) scoliosis critical thinking and problem solving; (2) Scoliosis-specific exercise practices; and (3) Develop basic business practices for scoliosis.

**When the course is complete you will be able to:**

- Apply critical thinking to Scoliosis exercise and movement challenges.
- Have an in-depth understanding of scoliosis to include congenital, syndromic, idiopathic, and functional vs. structural.
- Explain and document the 3-dimensions and asymmetries of scoliosis.
- Accurately assess a scoliosis client and develop/document an exercise-based management program for that client.
- Enhance the quality of the Scolio-Pilates® program through continuous improvement, education, and collaboration with the team of Authorized **Scolio-Pilates®** Practitioners.

# Scolio-Pilates® Training Program

Course Director  
Karena Thek

## Module 1 Professional Seminar (8 CECs)

**Instructor:** Karena Thek and Principal Educators  
**Course Objective:** To develop a strong base for scoliosis-specific exercise and movement practices

**Course Learning Outcomes:**

- Exercise/movement challenges of scoliosis
- Define scoliosis: congenital, syndromic, idiopathic | functional vs structural
- 3-dimensions of scoliosis
- Define asymmetries of scoliosis
- Use of the scoliosis meter and Adams Test
- Apply 7 elongation exercises with their progressions to a client with scoliosis
- Contraindications for scoliosis

## Module 2 Professional Seminar (16 CECs)

**Instructor:** Karena Thek and Principal Educators  
**Course Objective:** To develop a strong foundation in scoliosis-specific exercises and movement practices

**Course Learning Outcomes:**

- Exercise/movement challenges of scoliosis
- Define scoliosis: congenital, syndromic, idiopathic | functional vs. structural
- 3-dimensions of scoliosis
- Define asymmetries of scoliosis
- Use of Scolio-meter and Adams Test
- Define 3, 4, and Thoracolumbar curves
- Apply exercises with progressions to a client with scoliosis
- Contraindications for scoliosis

## Module 3 Mentorship (24 CECs)

**Instructor:** Karena Thek and Principal Educators  
**Course Objectives:** To develop an in-depth foundation in: (1) scoliosis critical thinking and problem solving; (2) Scoliosis-specific exercise practices; and (3) Develop basic business practices for scoliosis.

**Course Learning Outcomes:**

- Critical Thinking in Scoliosis exercise and movement challenges
- In-depth understanding of scoliosis; congenital, syndromic, idiopathic | functional vs. structural
- Ability to explain and document the 3-dimensions and asymmetries of scoliosis
- Ability to accurately assess a scoliosis client and develop / documented an exercise-based management program
- Enhance the quality of the Scolio-Pilates® program through continuous improvement, education, and collaboration with the Authorized SP Practitioners

## Become a Principal Educator

**Instructor:** Karena Thek  
**Students:** Invitation Only

**Course Objective:** To develop a deep understanding in Scolio-Pilates® teaching methods, information, and quality of practice. Enhance business practices and skills

**Course Learning Outcomes:**

- Develop teaching presentation skills and confidence
- Develop the ability to apply a breadth of Pilates, and scoliosis-specific exercise knowledge
- Enhance business and course management skills
- Enhance the quality of the Scolio-Pilates® Course Program through continuous improvement, education, and collaboration

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# Scolio-Pilates® Training Program

Course Director  
Karena Thek

## Module 1 Professional Seminar (8 CECs)

### Course Prerequisites:

- Certified Pilates Instructor, Physical Therapist, or Physio-Therapist, or
- Clients/general public with general knowledge in Anatomy and desire to learn more about scoliosis and movement theory

## Module 2 Professional Seminar (16 CECs)

### Course Prerequisites:

- Certified Pilates Instructor, Physical Therapist, or Physio-Therapist or general public
- Completed Module 1 Professional Seminar
- Desire to work with Scoliosis clients

## Module 3 Mentorship (24 CECs)

### Course Prerequisites:

- Certified Pilates Instructor, Physical Therapist, or Physio-Therapist, or other movement professionals
- Completed Modules I and II Professional Seminars
- Complete Scolio-Client Case-Study
- Complete 4-study halls and 25 hours of observations using Pilates Teck's on-line platform
- Strong problem solving and critical thinking skills
- Desire to work with Scoliosis clients
- Desire to volunteer your time and expertise with Scoliosis clients
- Strong desire to be part of the Scolio-Pilates® Authorized Practitioners team
- Acceptance into the Mentorship by the Course Director
- Acceptance of the Scolio-Pilates® Authorized Practitioner Memo of Agreement (MoA)

## Become a Principal Educator

### Program Prerequisites:

- Be a Scolio-Pilates® Authorized Practitioner in good standing with 2 to 4 years of experience
- Strong problem-solving and critical-thinking skills
- Good oral/presentation skills
- Display skills need to be a Principal Educator
- Display participation as part of Scolio-Pilates® team
- Formal Anatomy education via college courses in Anatomy and Physiology
- Practical educational exercises, such as instructor-led dissections
- Assist the Course Director in a minimum of 2 courses (Modules 1-3 seminars)
- Acceptance into the Teacher-Trainer program by the Course Director

## Scolio-Pilates® Awareness Public Presentation

**Presented by:** Scolio-Pilates® Authorized Practitioner in good standing

### Students:

General public seeking information about scoliosis with the intent that these persons will become your scoliosis clients.

**Note:** Authorization to present this material is limited to general Scolio-Pilates information and may not exceed 2 hours.

**Note:** An Authorized Scolio-Pilates® Practitioner may not teach Scolio-Pilates® methods and techniques to other instructors, student-instructors or professionals who want to teach clients/patients with scoliosis or any other person with the purpose of teaching the techniques to a scoliosis client or patient.



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# Scolio-Pilates® Awareness Public Presentation

**Presented by:** Scolio-Pilates® Authorized Practitioner in good standing

**Students:** General public seeking information about scoliosis with the intent that these persons will become your scoliosis clients.

**Note:** Authorization to present this material is limited to general Scolio-Pilates® information and may not exceed 2 hours.

**Note:** An Authorized Scolio-Pilates® Practitioner may not teach Scolio-Pilates® methods and techniques to other instructors, student-instructors or professionals who want to teach clients/patients with scoliosis or any other person with the purpose of teaching the techniques to a scoliosis client or patient.



## Public Presentation for:

- Community outreach
- Finding new clients
- Public awareness

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