



## Improving Core Strength and Stability

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CE Renewal Date (MM) / (YY) License Cycle Length (YY)

### Payment Required For Registration

Check, credit card or company purchase order MUST accompany this registration form.

Price \_\_\_\_\_ X Quantity \_\_\_\_\_ = Total \_\_\_\_\_

Please Mark Form of Payment Below

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### Check the Course You Will Attend:

- Mt. Laurel, NJ - January 26, 2018
- King of Prussia, PA - January 27, 2018

Allentown, PA - January 28, 2018

### Check Your Pricing Plan

<b>"All Access" Subscription</b> <small>Unlimited Live Attendance and Unlimited Online Access for ONLY \$299.99/Year</small>		
<input type="checkbox"/> <b>SINGLE COURSE EARLY RATE</b> <b>\$219<sup>99</sup></b> /Person	<input type="checkbox"/> <b>SINGLE COURSE REGULAR RATE</b> <b>\$239<sup>99</sup></b> /Person	<input type="checkbox"/> <b>"ALL ACCESS" SUBSCRIPTION</b> <b>\$299<sup>99</sup></b> /Year
<small>IMPORTANT: To qualify for early rate, payment must be received 14 days prior to workshop.</small>		
<b>Groups 5+ Special Rates Call (615) 376-8829</b>		

### Easy Registration!

1. Online: [www.summit-education.com](http://www.summit-education.com)
2. Phone: (800) 433-9570
3. Fax: (615) 376-8233
4. Mail: Summit Professional Education  
PO Box 908 | Franklin, TN 37065

Unregistered Walk-ins: Walk-ins will be charged \$259<sup>99</sup>/person, which includes a \$20 late processing fee.

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Franklin, TN 37065

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# Improving Core Strength and Stability

### Effective Exercises to Enhance Function, Balance, Posture, and Mobility

Presented by Sarah Petrich, PT, DPT, PRC, PMA®-CPT

### About Sarah Petrich, PT, DPT, PRC, PMA®-CPT

Sarah Petrich, PT, DPT, PRC, PMA®-CPT, is a licensed physical therapist and Pilates instructor with Studio U, a physical therapy clinic and Pilates studio in Minneapolis, Minnesota. Dr. Petrich has worked in a variety of orthopedic outpatient settings including both sports medicine and chronic pain facilities utilizing primarily a functional movement and neuromuscular approach to treatment. Dr. Petrich holds a certification in Postural Restoration and is also an affiliate course instructor through the Postural Restoration Institute.

Dr. Petrich is certified through the Pilates Method Alliance as a Pilates instructor. Her training was primarily through Polestar, a rehab-based approach to Pilates, and has Stott and Balanced Body training. Dr. Petrich received her Bachelor's degree in Exercise Science, her Master's degree in Physical Therapy, and her Doctorate in Physical Therapy from the College of St. Catherine in Minneapolis, Minnesota. Dr. Petrich is a founding member of the Minnesota Dance Medicine Foundation (MDMF). She manages their non-profit clinic for underinsured dancers and promotes dance health through community education.

### Who Should Attend This Course

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers

### Dates/Locations

**Mt. Laurel, NJ**  
January 26, 2018

**King of Prussia, PA**  
January 27, 2018

**Allentown, PA**  
January 28, 2018

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### 6-Hour Live Interactive CE Course

# Improving Core Strength and Stability

### Effective Exercises to Enhance Function, Balance, Posture, and Mobility

Presented by Sarah Petrich, PT, DPT, PRC, PMA®-CPT

### Benefits to Attending

- **Innovative, proven methods to strengthen the core** in patients with common orthopedic injuries, post-operative rehab, fall risks, and chronic pain
- **Integrate exercises and modifications into your rehab of varying injuries and conditions** to improve functional movement, balance, and gait
- Incorporating Pilates exercises for both frail and athletic patients that can be used in the clinic the next day
- **Improve home exercise programs, ADLs, and compliance** to gain the ultimate results throughout the day
- **Intensive exercise labs for hands-on practice**

### Dates/Locations

- Mt. Laurel, NJ**  
January 26, 2018
- King of Prussia, PA**  
January 27, 2018
- Allentown, PA**  
January 28, 2018

### Group Learning

- Groups of 5+ can save up to 65% off their annual CE costs
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# Improving Core Strength and Stability

## Effective Exercises to Enhance Function, Balance, Posture, and Mobility

### Dates/Locations

**Mt. Laurel, NJ**  
January 26, 2018  
Doubletree Suites by Hilton  
515 Fellowship Road North  
Mount Laurel, NJ 08054  
(856) 778-8999

**King of Prussia, PA**  
January 27, 2018  
Hyatt House  
240 Mall Boulevard  
King of Prussia, PA 19406  
(610) 265-0300

**Allentown, PA**  
January 28, 2018  
Hilton Garden Inn Airport  
1787 Airport Rd  
Allentown, PA 18109  
(610) 443-1400

**Group Learning**

- Groups of 5+ can **save up to 65%** off their annual CE costs
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As a pioneer in movement and exercise, Joseph Pilates observed the importance of core stabilization as well as other important principles of movement. In the 1930s he utilized these principles in the creation of his own exercise program. Decades later, the evidence is clear, Joseph Pilates was correct - the importance of core stabilization is vital to effective spinal rehabilitation and the rehab of multiple other injuries. Since inception, the Pilates community has continued to evolve his approach and it is now used in both exercise and rehabilitation settings to improve posture, flexibility, and muscular balance.

This course will cover the comprehensive evidence of Pilates and instruct clinicians on implementing the principles of Pilates into evidence-based practice. Each principle will be practiced using multiple exercises throughout the day learning appropriate modifications based on patients' needs. Participants will practice treatment planning considerations for low back, thoracic, neck, hip, knee and shoulder injuries. Participants will also discover techniques to best activate and facilitate desired muscle engagement while inhibiting others. Ultimately, each participant will enhance their reasoning for prescribing specific exercises, be more effective at instructing the exercises, and be able to progress patients to greater efficient functional movement.

### Learning Objectives

1. Explain the principles and research of Pilates-based exercises and their importance in efficient movement and mechanics.
2. Develop an effective treatment plan based on assessment considerations.
3. Determine exercises most appropriate for spine, shoulder, hip, and knee pathologies.
4. Perform modifications to exercises based on individual diagnoses and impairments.
5. Integrate Pilates exercises to improve functional tri-planar movements including gait.
6. Discover effective cueing and teaching strategies for successful exercise instruction.
7. Summarize the best documentation principles for accurate reimbursement.

### Join Our Faculty

Summit Professional Education is currently seeking qualified professionals to develop and teach workshops nationally. Visit [summit-education.com/instructor](http://summit-education.com/instructor) for more information.

### Course Outline

#### I. Pilates-Based Exercises for Rehabilitation and Core Strengthening

- » History of Pilates
- » Pilates principles
- » Evidence-based research

Hands-On Lab

#### II. Examination Considerations to Determine Movement Dysfunctions

- » Spinal position/postural faults
- » Flexibility/strength
- » Neuromuscular patterns

Hands-On Lab

#### III. Principles for Creating a Stronger Core Across Populations

- » Breathing
- » Alignment
- » Core control
- » Spinal articulation
- » Weight bearing/grounding
- » Movement and functional integration

Hands-On Lab

#### IV. Best Exercises for Functional Treatment Planning for Various Disorders and Chronic Pain

- » Best exercises for treating low back, hip, and knee
- » Best exercises for thoracic spine, shoulder, and neck
- » Pilates for daily living
- » Special precautions/contraindications for osteoporosis, disc injuries, and scoliosis
- » Treating asymmetrical movement patterns
- » Hierarchy of treatment progression

Hands-On Lab

#### V. Effective Home Exercise and Compliance Programs

- » Cueing techniques
- » Proprioception considerations
- » Neurological inhibition and facilitation

#### VI. Documentation for Accurate Reimbursement

- » Documentation considerations

Please bring yoga mat, and dress comfortably.

### Course Schedule

- 7:30am - Registration & Coffee
- 8:00am - Workshop Begins
- 11:30am - 12:30pm - Lunch On Your Own
- 3:30pm - Workshop Adjourns

Some facilities may charge for parking, which is at your own expense.

Your instructor will break for 15 minutes in the morning and afternoon at appropriate times.

### Continuing Education Credit



Occupational Therapists - Summit Professional Education is an AOTA Approved Provider of continuing education - provider #5873. This course

is offered for 0.6 AOTA CEUs (6.0 contact hours). This course contains content classified under both Domain of OT and Occupational Therapy Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

**Physical Therapists – NJ:** This course has been submitted to the New Jersey State Board of Physical Therapy Examiners for approval, 6.0 hours. **PA:** This course has been submitted to the Pennsylvania State Board of Physical Therapy for approval, 6.0 hours.

**Athletic Trainers** - Summit Professional Education (BOC AP# P3785) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 6 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**Recreational, Rehabilitation and Other Professionals** - This seminar qualifies for 6.0 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

These events contain intermediate level content.

#### SATISFACTORY COMPLETION

Participants must pay tuition fee, sign in, attend the entire seminar, complete an evaluation and sign out in order to receive a certificate of completion. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire workshop. No exceptions will be made. Partial credit is not available.

#### WORKSHOP HANDBOOK

Included with your registration you will receive a comprehensive manual compiled by the instructor.

#### DISCLOSURES

FINANCIAL: Sarah Petrich is compensated by Summit as an instructor.  
NONFINANCIAL: Sarah Petrich has no nonfinancial relationships to disclose.

#### SCOPE OF PRACTICE

Workshop content is not intended for use by participants outside of the regulatory scope of practice of their license(s). You are responsible for knowing what lies within and without your professional scope of practice.

Have continuing education credit questions? Please email our CE Department at [customerservice@summit-education.com](mailto:customerservice@summit-education.com) for the latest approval status.

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Summit Professional Education is a national leader in high-quality educational products and services for today's professional. Our seminars and training programs are designed to help professionals achieve improved performance and results in all areas. Our faculty is the "best of the best" in their fields of expertise, providing programs that really make a difference to participants. If for any reason you are not satisfied with the program, simply notify the registrar of your intent to withdraw from the program prior to the first morning break, turn in your workshop materials and receive a 100% refund or credit on a future program.

#### REGISTRATION, CONFIRMATION & CERTIFICATES

Confirmations of registration will be sent via email. A copy of your registration confirmation

will serve as your receipt for fees paid at the time of registration. Walk-ins are welcome but must register onsite. Please notify us at least thirty (30) days in advance if you have special needs or require assistance. Certificates are mailed to the seminar location 5 business days in advance. If your certificate is not available the day of the seminar, please complete a certificate request onsite and a copy will be sent to you. Hotel locations must occasionally be adjusted. Please provide an email address and phone number to receive any important updates.

#### SUBSTITUTION & CANCELLATION POLICY

Substitutions may be made at any time. Requests for cancellation must be received in writing by fax or mail ten (10) days prior to the seminar in order to receive a refund less a \$20.00

administrative charge per canceled attendee. If the cancellation is made within ten days or less, refunds will not be granted for any reason; instead, credit will be given equal to the amount paid that may be used toward the purchase of any product offered by Summit. Account credits are transferable and any unused account balance expires one year from the date of issuance. In cases of inclement weather where the seminar is conducted as scheduled but you are unable to attend, you may request a credit (which expires after one year) that may be used for any product Summit has to offer. If we must cancel or change the seminar for any reason, our liability is limited to the cost of tuition. If you register and do not attend, you are still responsible for payment.

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