

**Course Title:** Geriatric Rehab 118: Using a Pilates Based Approach to Enhance Balance for Seniors

**Course Description:** The increased number of falls is a big concern in many communities. Finding appropriate and safe exercise programs preventatively, as well as during and after rehabilitation can be challenging. Pilates is a mind-body exercise program that is easily adapted for seniors who may be afraid of falling and can be performed in a chair, on a mat, standing or using specialized equipment. This course provides the background for using Pilates Based Methods to improve balance. Research has shown that Pilates can improve both static and dynamic balance due to its emphasis upon targeting the deep trunk stabilizers as well as the feet and ankles. In addition, Pilates study participants reduced their fear of falling which is a big concern for those who are frail or who have previously fallen. Through this course, you will learn how to use Pilates-based chair and standing exercises to enhance balance. Exercise instructions, goals and options are provided for you to immediately bring back to the clinic or your in-home rehabilitation practice.

**Target Audience:** OT/OTA, PT/PTA

**Course Type:** Audiovisual presentation

**Educational Level:** Beginner, Intermediate, Advanced

**CE Hours:** 2 contact hour / .2 ceu

**Course Prerequisites:** None

**Course Author / Instructor:** Naomi Aaronson MA, OTR/L, CET

**Learning Objectives:**

- Describe the evidence for Pilates based exercise to enhance balance for seniors
- Name the global/local core stabilizers and their function
- Describe 2 Pilates based seated exercises and their goals
- Describe 2 Pilates based standing exercises and their goals
- Name 3 Pilates principles
- Describe the 3 systems integral to balance

**Agenda:**

**Hour #1**

Introduction

Evidence based studies

Core stability defined

Global core musculature

Rectus Abdominis, External obliques, Erector spinae, Quadratus Lumborum

Local core musculature

Diaphragm, Transverse Abdominis, Multifidus, Pelvis floor, Internal obliques  
What is Pilates?  
Joseph Pilates  
Pilates Principles  
Pilates Movement Principles  
Difference between Pilates vs. Yoga  
Types of balance  
    Static vs. Dynamic  
Systems Integral to Balance  
    Visual, Proprioception, and Vestibular  
Foot and Ankle Movement  
Foot tripod/Grounding  
Seated Exercises –  
Pilates Breathing  
Seated Exercise #1 – Neutral Pelvis  
Seated Exercise #2 – Core Activation  
Seated Exercise #3 Cactus Arms  
Seated Exercise #4 Leg Circles  
Seated Exercise #5 s Marching

## **Hour #2**

Seated Exercise #6 Hip Hinge  
Optimal Posture when standing  
Static Balance Testing  
Standing Balance –Using Pilates Based Techniques  
Standing Exercise #1 Static Balance Against Wall  
Standing Exercise #2 The Hundred  
Standing Exercise #3 Tree Pose  
Standing Exercise #4 Toe Taps  
Standing Exercise #5 Single Leg Kicks  
Standing Exercise #6 Marching  
Encourage movement

## **Course Completion Requirements:**

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

## **Additional Course Information**

**Course Registration:** Register for Free at [www.OnlineCE.com](http://www.OnlineCE.com). Once registered, you can begin to purchase courses. Contact [info@onlinece.com](mailto:info@onlinece.com) for special needs requests and assistance.

**Refund Policy:** There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If

you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

**Cancellation Policy:** Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

**Course Date and Location:** This is an independent course that is available 24/7 on-demand at [www.OnlineCE.com](http://www.OnlineCE.com).

**Required Materials and Equipment:** Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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