



Staying Aligned Shoulder, Hip & Foot



Santa Cruz, CA
Mar 4-5, 2017
9-1 & 2-5 Sat/Sun

Lecture/Lab /Demo 1:16

*Approved for 1.4 CPTA CEUs &
14 PMA CEUs*

Learning Objectives (on reverse)



Instructor:
Karyn Staples, PhD,
PT, OCS, PMA®-CPT

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Staying Aligned: The Ball and Socket Joints

Shoulder, Hip and Foot

Karyn Staples, PT, PhD, OCS, PMA-CPT

Course Description: This is a three part workshop series entitled "Staying Aligned". This course is designed to introduce the movement practitioner and enthusiast to the ball and socket joints. The course is both lecture and lab based to provide a variety of learning methods.

Objectives: Upon completion of this workshop, the student will

1. Understand the skeletal anatomical alignment for the shoulder, hip, and ankle complexes
2. Define shoulder, hip, and ankle congruency
3. Understand the relationship between skeletal alignment and shoulder/hip/ankle congruency
4. Demonstrate in and out of shoulder/hip/ankle congruency
5. Learn how to visualize joint congruency with the client supine, prone, sidelying, seated, tall kneeling, and standing
6. Correlate breathing with alignment

Teaching tools: anatomy application, palpating on self and partner, self-practice, use Fletcher Towelwork®, and Pilates Reformer

Schedule: 9:00-1:00 & 2:00-5:00 Sat and Sun March 4-5, 2017

Presenter Qualifications:

Karyn Staples, PT, PhD, OCS, PMA-CPT®

- Graduate of University of Evansville (Evansville, IN) in May 1998 with Master's Degree and Bachelor of Science degree in Physical Therapy
- PhD from Rocky Mountain University of Health Professions (Provo, UT) with the focus area of Orthopedics and Sports Science.
- Polestar® Pilates Rehabilitation Specialist and Educator
- Presenter at the PTAG (Physical Therapy Association of Georgia) conferences, the PMA (Pilates Method Alliance) conference, internationally in Moscow, Russia and in Dublin, Ireland
- Pilates Method Alliance Certification Commissioner
- Pilates Method Alliance Research Committee Member

Full 2 Day Course Schedule:

Hour 1: Shoulder anatomy review

1. Arthrokinematics of the shoulder complex
2. Muscle force couples

Hour 2:

- B. Define shoulder congruency
 1. What is it?
 2. Why is it important?
- C. How does skeletal alignment affect shoulder congruency
 1. Postural changes
 2. Structural versus strategy
- D. Self-practice/partner practice in and out of shoulder congruency
 1. Use your eyes
 2. Use your hands—ask before touching!
 3. Use an image—shoulder is like a golf ball on a tee

Hour 3:

- A. Shoulder congruency with client supine
 1. Pilates reformer supine arm series
 2. Pilates mat arm arcs
- B. Shoulder congruency with client prone
 1. Pilates reformer long box prone shoulder flexion
 2. Pilates mat scarecrow
- C. Shoulder congruency with client sidelying
 1. Pilates reformer Cleopatra
 2. Pilates mat side lift
- D. Shoulder congruency with client in UE weightbearing
 1. Pilates reformer reverse abdominals
 2. Pilates mat quadruped
- E. Shoulder congruency with client seated
 1. Pilates reformer salute
 2. Pilates mat rowing series

Hour 4:

- A. Visualize shoulder congruency with client standing
 1. Fletcher Towelwork®
- B. Correlate breathing with alignment
 1. Where does the breath come from?
 2. Where does it go?

Hour 5: Hip anatomy review

Hour 6:

- A. Define hip congruency
 1. What is it?
 2. Why is it important?
- B. How does skeletal alignment affect hip congruency?
 1. Postural changes
 2. Structure versus Strategy
- C. Self-practice/partner practice in and out of hip congruency

Hour 7:

- A. Visualize hip congruency with client supine
- B. Visualize hip congruency with client prone
- C. Visualize hip congruency with client sidelying

Hour 8:

- A. Visualize hip congruency with client seated
- B. Visualize hip congruency with client in tall kneeling
- C. Visualize hip congruency with client standing

Hour 9:

- A. Correlate breathing with alignment
 - 1. Where does the breath come from?
 - 2. How does the breath affect the movement?

Hour 10: Ankle anatomy review

Hour 11:

- A. Define ankle congruency
 - 1. What is it?
 - 2. Why is it important?
- B. How does skeletal alignment affect ankle congruency?
 - 1. Postural changes
 - 2. Structure versus Strategy
- C. Self-practice/partner practice in and out of ankle congruency

Hour 12:

- A. Pilates mat work visualize ankle congruency
 - 1. Hooklying
 - 2. Seated with plantar foot on the floor
 - 3. Kneeling
 - 4. Squat
 - 5. Standing

Hour 13:

- B. Pilates reformer work visualize ankle congruency
 - 1. Footwork (supine and sidelying)
 - 2. Quadruped work
 - 3. Plank work
 - 4. Standing (on and off reformer)

Hour 14

- A. Full body integration with mat movements
- B. Full body integration with Pilates Reformer movements

References:

1. Polestar Pilates® Education Comprehensive training manuals
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3. Biel, A and Dorn, R. Trail Guide to the Body: A Student Workbook. September 2010, ISBN-13: 978-0982663417
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8. Yen SC et al. "Feedback and Feedforward Control During Walking in Individuals with Chronic Ankle Instability." *JOSPT*. 2016;46(9):775-783.
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11. Lunden JB et al. "Shoulder Kinematics during the push up plus exercise." *Journal of Shoulder and Elbow Surgery*. 2010;19(2):216-223.
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16. Medoff L. "An Integrative Approach to Treating Movement Disorders: The Art and Science of Movement Therapy." *Orthopedic Physical Therapy Practice*. 2014;26(4):222-230.
17. Lawrence RL et al. "Comparison of 3-Dimensional Shoulder Complex Kinematics in Individuals With and Without Shoulder Pain, Part 1: Sternoclavicular, Acromioclavicular, and Scapulothoracic Joints." *JOSPT*. September 2014;44(9):636-645.
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19. Berry JW et al. "Resisted Side Stepping: The Effect of Posture on Hip Abductor Muscle Activation." *JOSPT*. 2015 September;45(9):675-682.
20. Poquet N et al. "Exercise for Osteoarthritis of the Hip." *Phys Ther*. 2016 Nov;96(11):1689-1694.

BIO: Karyn Staples, PT, PhD, OCS, PMA-CPT®

I am a wife, mother (2 children), physical therapist, Pilates instructor, business owner, researcher, educator, and mentor. I live in Peachtree City, GA and am the local operator of ProHealth Physical Therapy and Pilates Studio (established June 2005). I graduated from the University of Evansville (Evansville, IN) in May 1998 with my Master's Degree and Bachelor of Science degree in Physical Therapy. I attended my first Pilates continuing education course in June 1998 and fell in love with the work for my own body. I was a gymnast as a child and the movement made sense to me. In June 2002 I began the doctoral program at Rocky Mountain University of Health Professions (Provo, UT) with the focus area of Orthopedics and Sports Science. The program provided access to wonderful teachers, mentors, and classmates from all over the USA. Through all of my doctoral work, I had continued my personal Pilates practice and decided to pursue a comprehensive teacher training program (the completion of the program counted towards my required practicum). I was drawn to Polestar® Pilates for the rehabilitation background and scientific basis that would enhance my physical therapy practice. I completed the program in May 2005. My PhD dissertation, entitled "The effect of performing Standing Pilates on balance in an aging female population", allowed me to combine my women's health knowledge and Pilates knowledge to fulfill my doctoral work. I completed the Polestar® Pilates Advanced Teacher Training coursework in January 2011 and moved up to the status of Educator with Polestar Pilates Education March 2012. Along with presentations at the PTAG (Physical Therapy Association of Georgia) conferences, the PMA (Pilates Method Alliance) conference and my office, I have had the privilege to teach in Moscow, Russia on two different occasions (July 2012 and July 2014) and in Ireland (June 2016). I continue to perform case studies and small research with Pilates at my office in Peachtree City, GA. I also have continued my personal Pilates training through mentorship with Deborah Lessen and the Fletcher Pilates program of study.

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