

CEUs/CECs/Contact Hours: A certificate of attendance will be presented to each participant for 14 contact hours.

Name: _____

Credentials: _____

Work Facility: _____

Mailing Address: _____

Phone: _____

Fax: _____

Email Address _____

Registration Fee:

- \$375 if registered from now till July
- \$400 if registered in July
- \$425 if registered in August

Payment:

- Check—payable to Cascade Physical Therapy
- Visa Mastercard

Please provide the 3-digit security code and billing address of the credit card in order to process credit card payments.

Card # _____

Expiration _____ Code # _____

Amount Authorized \$ _____

Name of Cardholder _____

Credit Card Billing Address _____

Signature _____

By registering for this course, you waive all liability to Cascade Physical Therapy, sponsors and co-sponsors of the course for any injury/illness that may occur in this course. Please mail or fax registration form with payment to:



**544 Union Avenue
Grants Pass, Oregon 97527 Fax: 541-955-5233**

**Saturday, August 6th
&
Sunday, August 7th
9:00am– 5:00pm**

Registration Fee:

**\$375 now until July
\$400 July
\$425 August**



Limited to 20 participants

**For questions
contact:**

**Armando Garcia
541-441-9047**

Or

**Suvi Weber PT
541-955-0940**



Event held at :



525 NE 6th Street, Grants Pass, Oregon 97526

Phone: 541-476-3307

www.regeneration-center.com

Pre-Registration is required and is on a first come, first serve basis. A confirmation letter/receipt will be sent to you by email or fax. Cancellations must be received at least 10 days prior to the start of the course to receive a refund minus a \$20.00 administration fee. Contact us at Cascade Physical Therapy: 541- 955-0940.

MARIE-JOSÉ BLOM has been combining Pilates technique and dance medicine for well over twenty years. Alan Herdman, a leading Pilates master in London, England, mainly influenced her teaching methodology and style. Marie-José's mission statement is *"the implementation of movement sciences elevating Pilates into the twenty-first century."*

Marie-José Blom pioneered and founded her comprehensive Teacher Training courses as a master teacher in 1991 at Long Beach Dance Conditioning. These courses have enjoyed national and international acclaim for their content and presentation. She remains committed to research and continuing education in her specialty subjects of pelvic and lumbar stability and movement techniques. This cutting edge information is always updated and integrated into the Advances in Pilates Certification course.

Marie-José has taught dance conditioning and injury prevention for California summer school for the Arts. She is currently on faculty at Southern California's Loyola Marymount University where she teaches anatomy/Kinesiology and physiology for the department of dance concurrently with her directorship of LBDC and her teacher training courses. Marie-José has established programs at various international facilities and is in demand for lectures both locally and internationally for institutes, physical therapists and movement educators.

Master Pilates Teacher -Pilates Method Alliance
Gold Certified

Founder/Owner Long Beach Dance Conditioning
www.longbeachdanceconditioning.com

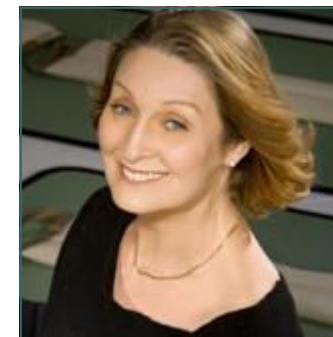
Founder/Owner Angel City Body Kinetics
www.angelcitybodyk.com

Founder/Partner SmartSpine Works Company
www.smartspine.com



**Is Proud To Welcome
International Pilates Educator**

Marie-José Blom



*“From the Sole
of the Foot to the
Core of the Body”*



2 day workshop

**Saturday, August 6th
&**

**Sunday, August 7th
9:00am – 5:00pm**

No Pilates Experience Necessary

“From The Sole of the Foot To The Core Of The Body”



An Intimate Study of the Foot

2-day; 9-5pm, 14 Contact Hours

This two-part workshop introduces the relationship between the proper placement of the foot and ankle and the performance of the entire body. The workshop includes an introduction to the functional anatomy of the foot and ankle, embodying the information by locating the structures on your own body and developing an understanding of the movement of the bones through seeing, feeling and understanding. The course then progresses toward dynamic alignment and strength exercises for the foot and ankle, integration of optimal placement of the feet and understanding the effects of foot placement on the rest of the body. While this course does utilize Pilates equipment, it also incorporates an abundant amount of exercises using small props such as bands, balls, wobble/balance boards, etc. All attendees will be immediately able to apply all the techniques on their clients or patients. No Pilates experience necessary.

Who Should Attend:
Doctors of Chiropractic, Physical Therapists, Physical Therapist Assistants, Athletic Trainers, Personal Trainers, and Pilates Professionals.



CEC's/ CEU's- This course is eligible for CEC's/ CEU's by the Oregon Board of Physical Therapy, Oregon Board of Chiropractic, American Council on Exercise & the Pilates Method Alliance.



Objectives

- Develop a deep understanding of the relationship between the foot and ankle and the entire body.
- Form a strong physiological appreciation for the significance of the foot and ankle, and their potential affect on body performance.
- Learn to integrate Pilates exercise protocol and concepts for the foot and ankle. Attendee will walk away with variations and modifications suitable for therapeutic or clinical application.
- Retraining and reinforcing proper movement patterns of the whole body via the “foundation” of the body through full foot contact work.



Topics To Be Addressed:

- I. Anatomy – PowerPoint Presentation
 - The Architecture & Design of the Feet
 - The Bones & Muscles of the Feet
 - The Foot Vault & Keystones
 - Muscular Oppositional Length/Tension Connection
- II. Fascia Physiology and Research
 - Anatomy Trains (Thomas Myers, author)
 - Biotensegrity (Stephen M Levin MD)
 - Contractile Fields (Phillip Beach DO)
 - Fascia Research (Robert Schleip PhD)
- III. Biomechanics of the Foot and Ankle
 - Healthy Kinetic Spirals
 - Tri-Plane Motions and Joint Axes
 - Plantar/Dorsiflexion & Associated Kinetic Spirals
 - Inversion/ Eversion and Components of Each
 - Pronation, Supination & Lower Leg Compartment Responses
 - Understanding the Twisted Foot Plate
 - Normal vs. Abnormal
- IV. LAB - Practical Hand-On Explorations
 - Static – Organizing the Bones
 - Dynamic – Creating the Space Within
 - Functional- Embodiment w/ Activities of Daily Living
- V. Application Utilizing
 - Small Props
 - Universal Reformer
 - Trapeze Table
 - Wunda Chair



Topics To Be Addressed (cont.):

- VI. Stability, Balance and Efficiency
 - Foot Intrinsic Concentration or Foot Core
 - The Feet As Related to the Pelvic Structures for Core–Connection
 - The Two Dome Structures in Synergy for Support
 - Bone Rhythms of the Foot, Ankle and Hip
 - The Spine and the Feet
 - Connecting the Foot to the Hip and the Spine
- VII. LAB – “Feeling is Knowing”
- IIX. The Feet As A Source of Kinetic Energy via Elastic Rebound & Grounding Effects to Whole Body Biomechanics
 - Optimal Foot Placement with Dynamic Alignment Support
- IX. Functional Movement
 - Normal vs. Abnormal
 - Movement Re-Education
- X. Identifying and Improving Kinetic Spirals During Foot Work For Whole Body Integration
- XI. LAB – Corrective Techniques
 - Working In vs. Working Out
 - Using Sensory, Imagery, Tactile, Thermal Cueing
- XII. On Solid Ground - Progression to the Jumpboard (or footplate) on the Reformer

