

[The Australian Physiotherapy & Pilates Institute](#) launches Modified Pilates Courses in Istanbul, 2010!

The APPI are delighted to announce the launch of Modified Pilates Training courses for Physiotherapists & equivalent degree therapists in Istanbul June, 2010. The APPI currently runs courses throughout England, Australia, Germany and Spain as well as Ireland, Portugal, Malta & Brazil, and have been successfully qualifying Pilates teachers worldwide since its foundation in 1999. The Institute is eagerly anticipating the same success with its courses in Turkey.

This is a fantastic opportunity to undertake clinical pilates training with a firmly established institute and rapidly expanding international provider of teacher training.

[So why train in Pilates?](#)

Pilates is experiencing a boom in the health and fitness worlds. There has also been a recent proliferation of traditional pilates training courses offered for the general public, fitness instructors and professional health care workers, such as physiotherapists. Pilates Training with the APPI not only prepares you to teach fit and healthy populations and classes, but also teaches you how to use Pilates to aid patients with dysfunctional movement or pain through one to one sessions.

[What makes the APPI such a unique and high quality Pilates training provider rests on its foundation, approach, focus and delivery.](#)

The APPI was founded by physiotherapists Elisa and Glenn Withers who established the Institute in response to the demand for rehabilitation based Pilates teacher training. The APPI curriculum is designed by Physiotherapists, specifically for those working in the field of rehabilitation. Therefore, pathology, normal movement patterns, neuro-muscular timing and neural pathomechanics are addressed in relation to each exercise.

The APPI prides itself on its unique 'modified pilates' approach which is introduced into the training programme from its foundation course, matwork level one, through to its advanced matwork training courses, equipment series and CPD courses. The key elements of Modified Pilates include retraining

1. Neutral lumbo-pelvic alignment and activation of the key lumbo-pelvic stabilising muscles
2. Correct ribcage/thoracic alignment
3. Scapulo-thoracic stabilisation
4. Deep neck flexor retraining to stabilise the cervical spine

The repertoire of Modified Pilates exercises also include exercises to improve spinal mobility, flexibility of the key trunk and lower limb muscles groups, body awareness and postural awareness.

The APPI is committed to high quality teacher training. Its international team of expert and experienced Physiotherapists and Rehabilitation Therapists oversee the development, quality and teaching of all APPI courses. This ensures that the latest research is consistently brought into all APPI courses.

To book onto the APPI's 'Matwork Level One' foundation course please contact

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Or for more information on the Institute please visit the official website [www.ausphysio.com](http://www.ausphysio.com)  
or email [info@ausphysio.com](mailto:info@ausphysio.com) for general enquiries.

#### Testimonials

" I would like take this opportunity to say that I have found all the material I learnt in your courses really good and I use it every day in clinical practice"

- APPI Fully Certified Matwork Instructor & MAPPI

"They made the time fly in an interesting and practical way. The examples used were from their own patient practice and experience. There was an emphasis on modifying some of the more traditional exercises and the importance of being able to perform Pilates before teaching it to patients/clients. Each physiotherapy participant who may have had a dodgy shoulder or lower back returned home with lots of practical advice to address their own problems"

- host of Matwork Level one

I have learnt so much which I hope I can apply to my amputee patients. I should have come on the course years ago"

- participant on the Matwork Level One