



“Hip Me With Your Best Shot” 3 hours, 3 PMA CECs ©

"Hip Me..." is designed to enhance the participants' understanding of the various challenges encountered and viable solution options when working with clients with labral pathologies. To date, there are no bonafide guidelines for the pre and post-rehabilitation of hip scopes for labral pathologies. However, both Physical Therapists and Pilates practitioners frequently encounter pre and post hip scope patients/clients. Successful outcomes incorporate identifying adequate ranges of motion with optimal joint congruency, alignment and efficient neuromuscular recruitment strategies in a pain-free environment. Utilizing Pilates mat and equipment, participants of this workshop will understand the rationale behind re-education strategies using the Pilates repertoire and apparatus. This workshop includes a lecture incorporating a review of surgical and non-surgical options followed by a demonstration of tailored Pilates apparatus exercises and home exercise program. The goal of the workshop is to offer new movement strategies and solutions for care and conditioning to an ever-growing population. This course is appropriate for healthcare professionals, Pilates practitioners and professional athletes.