

Pilates in Neurology by Jenny Walker

Date: Sunday 25th September 2022

Time: 9:30am to 4:30pm

Location: **Thorpes Neuro Rehab**

Unit 5, Church Farm Business Centre, Eversley,
RG27 0PX

Price: £130 lunch provided

Aimed at therapists and exercise professional working with clients with neurological conditions

Booking details: To enquire please email
Hannah.smith@thorpesphysiotherapy.com

01276 37670

In this one-day workshop, Jenny will show you why Pilates can be a great tool to help your patients with neurological conditions improve their movement patterns and efficiency. This course is designed and adapted to specifically demonstrate how people who have a neurological condition may benefit from Pilates and will look at its practical use in 1-2-1 sessions and class settings. There will be a small number of attendees to ensure individualised learning and large practical element to the course.

Course outcomes

- Review of the anatomy underpinning the principles of Pilates and how these relate to people with neurological conditions.
- Application of the principles of core stability, pelvic neutrality, key posture, breathing techniques and relaxation.
- Clinical reasoning of the Pilates principles and exercises to give your patients better strength control and physical durability.
- Practical demonstration of exercises in various postural sets
- Patient demonstration
- Example Pilates class

Timetable

9:30	Registration
9:45-10:30	Pilates class for participants
10:30-10:45	Coffee break
10:45- 11:45	Anatomy
11:45 – 12:45	Application of the anatomy to case studies
12:45- 1:30	Lunch
1:30 – 2:15	Practical demonstration of the exercises in various postural sets
2:15-3:00	Class planning
3:00-3:15	Coffee break
3:15-4:15	Practical session with patients
4:15-4:30	Questions and close



Jenny Walker

Specialist Neurological Physiotherapist and Co-Director of Thorpes Neuro Rehab

Jenny graduated in 2000 from the University of East Anglia and completed her junior physiotherapy rotations at Good Hope Hospital in Sutton Coldfield. She then moved to Australia for several years where she worked in a private rehabilitation hospital and was inspired by the intensive approach to rehabilitation. On returning to England Jenny

worked for many years as the lead physiotherapist at Frimley Park Hospital Stroke Unit.

Jenny is Bobath trained having completed Advanced courses and PD warrior trained. Jenny has practised Pilates and used the principles of Pilates with her patients since qualification. She went on to complete the APPI mat work 1-3 and the neuro Pilates advanced course. Jenny has many years of experience of adapting the Pilates exercises to clients with neurological conditions in both 1-2-1 sessions and classes.

Jenny is a highly specialist and experienced neuro physio who is passionate about working with patients with a wide range of neurological conditions to achieve their goals and fulfil their potential. Alongside Hannah Smith she is a co-director of Thorpes Neuro Rehab which was founded to provide a high-class neuro rehabilitation service to clients. Outside of work Jenny enjoys spending time with her 2 young sons and husband, socialising with friends and is a keen open water swimmer