

Become a Certified Pink Pilates Cancer Physiotherapist

A PHYSIOTHERAPY AND PILATES BASED CERTIFICATION

The Pink Pilates Physiotherapy Training Course is designed for qualified physiotherapists. This very special three day training course has been carefully developed to help physiotherapists understand the entire cancer process from diagnosis to treatment, recovery, prevention of treatment side effects, and contraindications.

The Pink Pilates programme is designed to facilitate recovery from cancer surgeries including mastectomy, lumpectomy, and breast reconstructive surgery including TRAM flap, LAT flap. It aims to help reduce the risks of treatment-related side effects such as lymphoedema, musculoskeletal problems, scar tissue formation, fatigue, and weight gain. The programme is dedicated to helping women diagnosed with cancer regain their physical strength, improve their body confidence and incorporate exercise into their lifestyle.

This is a comprehensive 3 day training course covering:

- anatomy, diagnosis and staging of common cancer types
- medical and surgical management of cancer
- immediate and delayed breast reconstruction techniques
- assessment, screening and management for the integumentary,
- cardiopulmonary and musculoskeletal systems
- adjuvant therapies, limitations and implications
- cancer related lymphoedema
- management of patients after reconstruction surgery
- management of fatigue
- exercise protocols and guidelines
- periodisation and phases of recovery
- movement sequencing and exercise prescription
- survivorship issues for the cancer patient
- marketing/ media – leveraging your association with Pink Pilates

SELECTION PROCESS

Applications must be emailed to admin@pinkpilates.co.nz before the application closing date to be considered for selection. Careful consideration is given to each application by the Pink Pilates Trust Selection Committee. This is done to ensure we have:

- a geographical spread of certified physiotherapy clinics;
- suitably experienced physiotherapists with clinical pilates experience;
- adequate facilities available to cater for all aspects of the Pink Pilates Programme;
- a commitment from your practice to serving women with cancer and their families in your community.

There are limited places available on each course and the successful applicants will be notified by email.

ONCE YOU ARE CERTIFIED:

- we will supply a comprehensive physiotherapy resources pack developed for the pink pilates programme including assessment forms, new client information packs, initial marketing brochures, standard medical referral information, initial referral pads, client exercise and educational handouts and questionnaires.
- we will provide pink pilates marketing for your physiotherapy clinic including your physiotherapy practice details on our website and any nationwide pink pilates promotions.
- we will provide a pink pilates course manual educational and client resource.
- we will provide ongoing professional support and will allow you the opportunity to link up with other Certified Pink Pilates Physiotherapists
- certified Pink Pilates Physiotherapy Clinics will be eligible for funding from the Pink & Steel Pilates Trust for participants with economic hardship when funding is available in your region
- there will be a continuing professional development programme which you will need to attend to keep updated in the latest advances in cancer research in exercise, lymphoedema, surgery, physiotherapy best practice, peer review, case study presentations, guest speakers from the cancer medical profession. These courses will be available in New Zealand and Australia.

WHAT PINK PILATES PHYSIOTHERAPISTS GET FROM THE BRAND?

- Exclusivity in your suburb or region
- Differentiation – allows you to differentiate yourself against other physiotherapists in your region
- Being able to positively raise your profile within the community in a way that everyone will look favorably on
- Benefits team morale within your physiotherapy clinic - current Pink Pilates physio's have reported their Pink Pilates clients to be their most rewarding and have really enjoyed supporting Team Pink Pilates events in their communities for something worthwhile

COST OF THE PINK PILATES TRAINING COURSE = \$1150.00
COST OF PINK PILATES CERTIFICATION = \$400.00

INCREASE YOUR MARKETABILITY AND MAKE A DIFFERENCE TO WOMEN RECOVERING FROM CANCER!

The Pink Pilates Certification Programme is Designed and delivered by Lou James and Prof Rod MacLeod with guest speakers in marketing and branding, brad cliff breathing techniques, lymphoedema, cancer rehabilitation and cancer surgery.

Lou James BHSoc (phty), MNZSP : Physiotherapist, Founder & Programme Director of Pink Pilates. Lou has postgraduate training in cancer rehabilitation, completed in America and Canada. Lou specialises in the design of individualised exercise rehabilitation programmes for clients with specific medical limitations.

Prof Rod MacLeod : PhD MMedEd FRCGP FACHPM Pink and Steel Pilates Clinical Director
Rod heads the Palliative Care Development Team at North Shore Hospice and is Honorary Clinical Professor and Associate Professor in General Practice and Primary Health Care, University of Auckland. He currently supervises eight PhD students and has been involved in cancer research for 22 years.