Clinical Matwork Logbook

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THE AUSTRALIAN PHYSIOTHERAPY & PILATES INSTITUTE

Pre-Course Reading: 20 Hours

DATE	TITLE OF READING	YOUR SIGNATURE
30th April	Electromyographic analysis of glute medius & glute max during rehab	
1st May	The effectiveness of 12 weeks of Pilates intervention on disability, pain de	
2nd May	Long term effects of specific Stabilizing exercises for first episode LBP	
2nd May	Pain + motor control of lumbopelvic region	
12th May	Transversus abdominis: a different view of the Elephant.	
13th May	What LBP is and why we need to pay attention.	
16th May	Effects of abdominal & pelvic floor tasks on mm activity, abdominal pressure & Bladder neck.	
16th May	The effects of clinical Pilates on functional movement in recreational runners.	
16 May	The effectiveness of a 6 weeks Pilates program on the outcome measures in a population of chronic neck P	
16 May	Mm functional MRI analysis of muscle mm recruitment during expansion exercises in asymptomatic individuals.	
16 May	The definition + Application of Pilates to ppl people with chronic LBP	
16 May	Pilates as a therapeutic exercise	
16 May	The role of Pilates in lumbar spinal instability training.	
18th May	Insufficient lumbopelvic stability	
18th May	Derivation of a preliminary Clinical Prediction Rule for identifying a Sub group with LBP likely to benefit from Pilates	
18th May	Reorganisation of the motor cortex as associated with postural control deficits in recurrent LBP.	
19th May	- Abdominal mm recruitment during Range of voluntary exercises	
19th May	- The functional coupling of deep abdominal + paraspinal mm	

1. Boren K, Conrey C, Le Coguic J, Paprocki L, Voight M, Robinson K, (2011) **Electromyographic analysis of gluteus medius and gluteus maximus during rehabilitation exercises.** The International Journal of Sports Physical Therapy 6 (3) 206 - 223 *pg 4-21*

2. Cruz-Díaz D, Romeu M, Velasco C, (2018) **The effectiveness of 12 weeks of Pilates intervention on disability, pain and kinesiophobia in patients with chronic low back pain: a randomized controlled trial** Clinical Rehabilitation 1 –9 *pg 22-30*

3. Hides JA, Richardson C, Jull G (2001) **Long term effects of Specific Stabilizing Exercises for First Episode Low Back Pain.** Spine 26 (243—248) *pg 31-36*

4. Hodges P, Moseley G.L. (2003) **Pain and motor control of the lumbopelvic region: effects and possible mechanisms.** J. Electromyography and Kinesiology 13 (361-367) *pg 37-46*

5. Hodges P (2008) **Transversus abdominis: a different view of the Elephant**. British Journal of Sports Medicine 42(2008)941-944. *Pg 47-50*

6. Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ, Underwood (2018) **What low back pain is and why we need to pay attention.** The Lancet 1 – 12 *pg 51-62*

7. Junginger B, Baessler K, Sapsford R, Hodges PW (2009**) Effect of abdominal and pelvic floor tasks on muscle activity, abdominal pressure and bladder neck** Int Urogynecol J (2010) 21:69–77 *pg 63-71*

8. Laws A, Williams S, Wilson C (2017) **The Effect of Clinical Pilates on Functional Movement in Recreational Runners** Int J Sports Med 2017; 38: 776–780 *pg 72-76*

9. Mallin G, Murphy S **The effectiveness of a 6-week Pilates Programme on outcome measures in a population of chronic neck pain patients: a pilot study** J Bodyw Mov Ther 17 (3):376-84 2013 *pg 77- 85*

10. E. M. D. De Ridder[1], J. O. Van Oosterwijck[1], A. Vleeming[2], G. G. Vanderstraeten[1], L. A.

16 May

Danneels (2014) **Muscle functional MRI analysis of trunk muscle recruitment during extension exercises in asymptomatic individuals** Scandanavian Journal of Medicine & Science in Sports (1-9) *pg 86-94*

16th May

11. Pool-Goudzward A, Vleeming A, Stoeckart R, Snijders C, Mens J (1998) **Insufficient lumbopelvic stability: A clinical, anatomical and biomechanical approach to 'a specific' low back pain.** Manual Therapy 3 (1) 12-20 *pg 95-103*

18th May

12. Stolze LR, Allison SC, Childs JD (2012) **Derivation of a Preliminary Clinical Prediction Rule for Identifying a Subgroup of Patients With Low Back Pain Likely to Benefit From Pilates-Based Exercise.** Journal of orthopaedic & sports physical therapy 42 (5) 425 – 436 *pg 104-115*

18th May

13. Tsao H, Hodges P W, Galea M P (2008) **Reorganization of the motor cortex is associated with postural control deficits in recurrent low back pain.** Brain 131(2008)2161-2171. *Pg 116-126*

1 May

14. Urquart D M, Hodges P W, Allen T J, Story I H (2005) **Abdominal muscle recruitment during a range of voluntary exercises.** Manual Therapy 10(2005)144–153. *Pg 127-136*

1 May

15. Vleeming A, Schuenke MD,Danneels L, Willard FH (2014) **The functional coupling of the deep abdominal and paraspinal muscles: the effects of simulated paraspinal muscle contraction on force transfer to the middle and posterior layer of the thoracolumbar fascia** J. Anat. 225, 447—462 *pg 137- 152*

16 May

16. Wells C, Kolt GS, Marshall P, Bialocerkowski A (2013) **The Definition and Application of Pilates Exercise to Treat People With Chronic Low Back Pain: A Delphi Survey of Australian Physical Therapists** J. Of Phys. Therapy. 94 (6) 792 - 805 *pg 153-166*

16 May

17. Withers GA (2017) **Pilates as a therapeutic exercise** In touch Journal of Physiotherapy 28 – 32 *pg 167- 171*

16 May

18. Withers GA (2010) **The role of Pilates in lumbar spine instability training** Fitpro Journal 20 - 21 *pg 172-173*