

Online Workshop Descriptions

Q2 2023

**Kyle Blackburn
Lorna Nicholson**

**Please see our schedule emails for payment details
or call us on +44 (0)207 636 8900**

Shoulder Pathology and how Pilates can help

An **online** workshop with

Kyle Blackburn MCSP MSc.



Friday 14th April 2023

10am to 1pm

£100 (Academy Members pay £90)

BCPA MEMBERS ONLY.

EARLY BOOKING RECOMMENDED – ALWAYS FULLY BOOKED!

CPD: A15

In this three-hour workshop we will look at the topic of shoulder pain and examine in detail two of the most common conditions - frozen shoulder and rotator cuff problems. Alongside a study of the anatomy involved, we will review rehabilitation considerations and, in particular, how Pilates can help.

ABOUT KYLE

Kyle Blackburn

Kyle has been very well-known to Body Control Pilates teachers for more than 10 years through his work on the Level 4 Low Back Pain course (which he helped to write), his Anatomy Day tutoring, his workshops, and his numerous Development Weekend presentations. He qualified from Brunel University College in 1995 and completed an MSc in neuro/musculoskeletal physiotherapy from UCL in 2003. He is a regular presenter on Body Control Pilates Central and has also been delivering online workshops for Body Control Pilates to teachers and students in Japan.

Pilates for PoTS, ME/Chronic Fatigue and Long Covid

An online workshop led by

Lorna Nicholson



Saturday April 22nd 2023

10am to 12.30pm & 2pm-4pm (4½ hours in total)

£115 (Academy Members pay £99, saving over 10%)

JUST ANNOUNCED!

CPD: A30

This will be a practical and interactive workshop.

What will be covered:

- What are PoTS, ME/CFS, Long Covid: aetiology, diagnosis, management and overlap.
- A brief look at HSD, hEDS and their association with PoTS.
- Symptoms and how they may affect an individual in a Pilates class environment.
- Triggers which may exacerbate symptoms and how they can be managed in a class setting.
- We will consider the evidence for “exercise” in the management of these condition, and barriers to exercise.
- How Pilates can help in the management of these conditions.
- Practical considerations when working with these client groups

Glossary:

PoTS: Postural Tachycardia Syndrome

HSD: Hypermobility Spectrum Disorder

hEDS: Hypermobile Ehlers-Danlos syndrome

ME/CFS: Myalgic encephalomyelitis/Chronic Fatigue Syndrome

ABOUT LORNA

As well as teaching Pilates, Lorna works as a Stress Induced Recovery Practitioner (SIRPA), offering a cutting-edge approach for those with chronic pain and other persistent symptoms, with a specialist interest in those with PoTS, Long-COVID and other fatigue associated conditions. Lorna also offers advice and education to enable one to “breathe well” particularly those who have a breathing pattern disorder.

Lorna has had a background in Nursing since 1994 spending many years in Accident and Emergency, eventually becoming an Emergency Nurse Practitioner, specialising in muscular skeletal injuries, followed by being an Advanced Nurse Practitioner in a GP surgery. Lorna is now retired from the NHS.

Qualifications: Registered Nurse; Body Control Pilates teacher (Level 4 Pilates); Butekyo Instructor; Stress induced Recovery Practitioner; Trauma-Sensitive HeartMath Practitioner; Embodied Processing Practitioner