

## PILATES PROFESSIONAL INSTRUCTOR SCOPE OF PRACTICE

Professional Instructor Members of the PAA commit to work within the following scope:

- To work within the scope of your training:
  - Level 1: apparently healthy and low risk clientele under the guidance of a Professional Instructor member at Level 2 or above
  - Level 2 and above: may include clients with moderate risk injuries or conditions relevant to the level and scope of your training.
- Conduct pre-exercise clearance of clients.
- Recognise conditions that may preclude a client from safely participating in a Pilates exercise program, or conditions requiring referral, and provide information or referral to medical or allied health professionals as appropriate.
- Undertake initial consultation processes to educate clients on the benefits of the Pilates Method, its suitability to client's needs and the nature of Pilates instruction, including the use of tactile cueing.
- Conduct postural assessment and identify common postural conditions and postural corrections.
- Design Pilates exercise programs according to initial assessment, individual needs and medical or allied health professional recommendations.
- Provide ongoing assessment and progression, document client progress and collaborate with medical or allied health professionals to achieve the best interest of the client.
- Promote Pilates and general exercise to improve overall health.
- Make appropriate and respectful use of tactile cueing to facilitate Pilates exercises whilst maintaining client comfort and dignity.
- Use a range of Pilates apparatus including but not limited to Reformer, Cadillac, Wunda Chair, Barrels plus small props (e.g. rollers, balls etc.).
- Maintain the highest levels of safety in practice and instruction of the Pilates Method observing the following student to instructor ratios:
  - Studio setting: maximum of 4:1 ratio
  - Level 1 Instructor: maximum of 12:1 in a matwork or group class setting
  - Level 2 Instructor or above: maximum of 20:1 in a matwork or group class setting

The following is beyond the scope of practice of a Professional Instructor:

- 'Prescribe' exercises for pathologies and conditions outside the scope of a Pilates instructor without consultation with an appropriate medical or allied health professional.
- 'Diagnosing' a client with any medical, mental or physical condition.
- Training a client with a condition that is beyond your level of qualification without appropriate medical clearance.
- Providing specific dietary advice or recommending supplements.
- Claiming to 'treat' injury, pathology or disease.
- Monitoring or measuring with instrumentation the progress of clients referred by therapists or medical practitioners.
- Offering counselling.
- Claiming to be competent to offer professional education beyond the limits of your credentials.
- Applying inappropriate touch.
- Continuing to train a client who exhibits any of the following symptoms: Chest pain, prolonged dizziness, rapid heart rate, shortness of breath, significant decrease in coordination, loss of consciousness, faintness, nausea, blurred vision, prolonged or increasing pain.

*Please note that this beyond scope list is not exhaustive and you must at all times act within the boundaries of your qualifications.*