



**Pillar Strength: Moving Beyond Basic Core Stability
Using Land and Water Based Solutions
Speaker: Susan Falsone, PT, MS, SCS, ATC**

A Preconference Course – APTA’s 2012 Combined Sections Meeting
Chicago, IL

February 8, 2012

Register online at www.apta.org/CSM/registration

Online session preselection will help you plan your CSM meeting schedule in advance.

Course Overview:

In this session, the speaker will discuss the expanded concept of core stability via pillar strength: the combination of mobility, stability, and strength of the shoulders, trunk, and hips. Lecture, discussion, and question-and-answer periods will be used to complement land-based and water-based labs, giving attendees a comprehensive experience.

Course Objectives:

Upon completion of this course, you’ll be able to:

- Define pillar strength and its importance in returning a patient to function.
- Discuss relevant anatomy related to pillar strength.
- Perform land-based and aquatic-based pillar strength exercises to return someone to running and/multidirectional movement.
- Offer verbal and tactile cues to instruct a patient in land-based or aquatic-based pillar strength exercises.

Preconference Course Pricing

PT/PTA Section Member: \$305

APTA PT/PTA Non-Section Member: \$405