



**POLESTAR<sup>®</sup>**

**Rehab Log Book**





Student Name:
Address:
Phone:

**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**

**Section I: Pre-Curriculum Hours and Professional Education**

Pre-Hour	Studio Name, City, State & Phone	Class/Session Instructor	Instructor Trained With	Signature of Instructor	Date	Type of Session
<i>Example</i>	<i>Polestar Pilates Center, FL 305-740-6001</i>	<i>Mary Sue</i>	<i>Polestar Education</i>	<i>Mary Sue</i>	<i>12/20/2006</i>	<i>Private Studio Session</i>
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Professional Education	University	Program	Degree Earned	Date Earned



## **POLESTAR PILATES EDUCATION WORKBOOK - *Rehabilitation***

### **Section II: Student Status Sheet - Definitions**

#### **Student**

A student is one who is acquiring the Polestar Pilates work in their own body and beginning to apply the teaching methodologies. Students are currently attending a Polestar Pilates course. Students are encouraged to begin practice teaching, but it would be inappropriate for a student to refer to his/herself as a Pilates Instructor or to receive pay equal to that of a Certified practitioner.

#### **Certification**

Polestar Education supports the national Pilates certification examination established in 2005 through the Pilates Method Alliance (PMA), which will standardize the quality of Pilates practice. As a result, in the United States, Polestar will grant a diploma to students meeting graduation requirements. Polestar graduates will be eligible to sit for the national certification exam through the PMA. For details on the PMA's certification exam, please visit [www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org).

As there is not yet a standard international certification examination, we will continue to offer certification exams for participants in non-US countries.

Polestar Education will regard Polestar US students who have completed all graduation requirements as having gained the same qualification as someone certified internationally through Polestar Education.

Polestar Education will regard Polestar US students who have completed all graduation requirements as having gained the same qualifications as someone certified internationally through Polestar Education.

A Polestar Certified Practitioner/Graduate is one who passes his/her examination with 80% or higher. Polestar Practitioners are expected to maintain at least 2 hours of Pilates practice and 10-15 hours of Pilates teaching per week, and complete 80 hours of continuing education every five years to be eligible for re-qualification.

**Student Signature:** \_\_\_\_\_

**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section III: Didactic Education**

<b>P-R: Polestar Pilates Rehabilitation Principles</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>R-1: Polestar Pilates Rehabilitation, Level I</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>R-2: Polestar Pilates Rehabilitation, Level II</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>R-3: Polestar Pilates Rehabilitation, Level III</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>R-4: Polestar Pilates Rehabilitation, Level IV</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>R-5: Polestar Pilates Rehabilitation, Level V</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>R-6: Polestar Pilates Rehabilitation, Level VI</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>

**Section IV: Reading Assignments**

Assignment	Assigned	Topic	Due Date	Assignment Completed - ✓	Educator Signature
1	PR		R-1		
2	R-1		R-2		
3	R-2		R-3		
4	R-3		R-4		
5	R-4		R-5		
6	R-5		R-6		

**Comments:**

**Section V: Writing Assignments**

Assignment	Assigned	Topic	Due Date	Assignment Completed - ✓	Educator Signature
1	PR		R-1		
2	R-1		R-2		
3	R-2		R-3		
4	R-3		R-4		
5	R-4		R-5		
6	R-5		R-6		

**Comments:**

**Section VI: Screenings and Case Studies**

Assignment	Assigned	Educator Comments	Due Date	Assignment Completed - ✓	Educator Signature
1	PR		R-1		
2	PR		R-1		
3	PR		R-1		
4	PR		R-1		
5	PR		R-1		
6	R-1		R-2		
7	R-1		R-2		
8	R-2		R-3		
9	R-2		R-3		
10	R-3		R-4		
11	R-3		R-4		
12	R-4		R-5		
13	R-4		R-5		
14	R-5		R-6		
15	R-5		R-6		

**Comments:**

**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section VII: Observation 40 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section VIII: Practice Hours (Exercise Self Mastery) 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section VIII: Practice Hours (Exercise Self Mastery) 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section VIII: Practice Hours (Exercise Self Mastery) 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section IX: Apprentice Teaching 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section IX: Apprentice Teaching 100 hours**

Hours	Studio/Clinic Name, City, State & Phone	Polestar Educator or Approved Practitioner	Signature	Date
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**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section IX: Apprentice Teaching 100 hours**

Hours	Studio/Clinic Name, City, State & Phone	Polestar Educator or Approved Practitioner	Signature	Date
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**Section X: Exercise Self Mastery PR Pre-Pilates & Pilates Mat Exercises**

Exercises	Lab 1	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
				<i>Initial and Date when Complete</i>	<i>Initial and Date when Complete</i>	
	1	MAT	<i>Hundred</i>			
	2	MAT	<i>Dead Bug &amp; Femur Arcs</i>			
	3	MAT	<i>Quadruped Series</i>			
	4	MAT	<i>Basic Bridging</i>			
	5	MAT	<i>Swan</i>			
	6	MAT	<i>Mermaid</i>			
	7	MAT	<i>Arm Arcs</i>			
	8	MAT	<i>Prone Extension</i>			
	9	MAT	<i>Assisted Roll Up</i>			
	10	MAT	<i>Standing Roll Down</i>			
	11	MAT	<i>Leg Pull Front</i>			
	12	MAT	<i>Book Openings</i>			

**Demonstration will be graded utilizing the Polestar Principles and on exercise knowledge**

Breathing; Head, Neck and Shoulder Alignment; Core Control and Axial Elongation; Limb Alignment and Movement Integration

**Notes:**

**Section X: Exercise Self Mastery R-1 Lab 1**

Lab 1	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	MAT	<i>Chest Lift</i>			
2	MAT	<i>Sidelying</i>			
3	MAT	<i>Bent-knee Fallout</i>			
4	MAT	<i>Adductor Squeeze</i>			
5	MAT	<i>Pre-swimming</i>			
6	MAT	<i>Pelvic Clock</i>			
7	MAT	<i>Side to Side</i>			
8	MAT	<i>Side Lift</i>			

Exercises

**Section X: Exercise Self Mastery R-1 Lab 2**

Lab 2	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Footwork</i>			
2	REF	<i>Feet in Straps</i>			
3	TRAP	<i>Roll Down Series</i>			
4	TRAP	<i>Footwork with Tower Bar</i>			
5	CHAIR	<i>Double Leg Pump</i>			
6	BARREL	<i>Supine Stretch</i>			
7	SPINE COR	<i>Supine Stretch</i>			
8	MAT	<i>Roll Up</i>			
9	MAT	<i>Dart</i>			

Exercises

Notes:

**Section X: Exercise Self Mastery R-2 Lab 3**

Lab 3	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Bridging</i>			
2	REF	<i>Supine Arm Series</i>			
3	REF	<i>Supine Abdominal Series</i>			
4	TRAP	<i>Supine Scapular Series</i>			
5	TRAP	<i>Seated Push Through</i>			
6	CHAIR	<i>Prone Scapular Series</i>			
7	CHAIR	<i>Swan</i>			
8	BARREL	<i>Back to Forward Bend</i>			
9	SPINE COR	<i>Roll Down/Reach</i>			
10	MAT	<i>Single Leg Stretch</i>			
11	MAT	<i>Double Leg Stretch</i>			

Exercises

**Section X: Exercise Self Mastery R-2 Lab 4**

Lab 4	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Mermaid</i>			
2	REF	<i>Cleopatra</i>			
3	REF	<i>Scooter</i>			
4	REF	<i>Standing Hip Stretch</i>			
5	TRAP	<i>Leg Spring Series - Supine</i>			
6	TRAP	<i>Leg Spring Series - Sidelying</i>			
7	TRAP	<i>Breathing</i>			
8	CHAIR	<i>Lateral Flexion</i>			
9	CHAIR	<i>Mermaid - Seated and Kneeling</i>			
10	BARREL	<i>Bridging</i>			
11	MAT	<i>Spine Stretch</i>			
12	MAT	<i>Scarecrow</i>			

Exercises

**Notes:**

**Section X: Exercise Self Mastery R-3 Lab 5**

Lab 5	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Quadruped</i>			
2	REF	<i>Reverse Abdominals</i>			
3	REF	<i>Short Box Series</i>			
4	TRAP	<i>Teaser</i>			
5	TRAP	<i>Thigh Stretch</i>			
6	CHAIR	<i>Standing Leg Pump</i>			
7	CHAIR	<i>Achilles Stretch</i>			
8	BARREL	<i>Roll Up/Short Box Series</i>			
9	MAT	<i>Leg Pull</i>			
10	MAT	<i>Leg Pull Front</i>			

Exercises

**Section X: Exercise Self Mastery R-3 Lab 6**

Lab 6	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Kneeling Arm Series - Facing Front</i>			
2	REF	<i>Kneeling Arm Series - Facing Side</i>			
3	REF	<i>Kneeling Arm Series - Facing Back</i>			
4	REF	<i>Short Spine Massage</i>			
5	REF	<i>Long Spine Massage</i>			
6	TRAP	<i>Swan</i>			
7	TRAP	<i>Pelvic Press</i>			
8	CHAIR	<i>Swan from Floor</i>			
	CHAIR	<i>Seated Triceps/Frog Faving Out</i>			
9	SPINE COR	<i>Swan</i>			
10	MAT	<i>Swan II</i>			
11	MAT	<i>Rollover</i>			

Exercises

Teaching skills will be graded on the following:

Accuracy; Cueing - Verbal and Tactile; Voice Quality; Use of Equipment; Safety

Notes:

**Section X: Exercise Self Mastery R-4 Lab 7**

Lab 7	Lab 1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Long Stretches: Elephant, Inverted V, Long Stretch</i>			
2	REF	<i>Long Box - Pulling Straps</i>			
3	REF	<i>Long Box - Swan</i>			
4	TRAP	<i>Kneeling Cat</i>			
5	TRAP	<i>Parakeet</i>			
6	CHAIR	<i>Hamstring I</i>			
7	CHAIR	<i>Kneeling Cat &amp; Hamstring II</i>			
8	SPINE COR	<i>Leg Series</i>			
9	MAT	<i>Spine Twist</i>			
10	MAT	<i>Saw</i>			

Exercises

**Section X: Exercise Self Mastery R-4 Lab 8**

Lab 8	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Roll Down Series</i>			
2	REF	<i>Standing Series: Side Splits</i>			
3	TRAP	<i>Monkey</i>			
4	TRAP	<i>Hip Opener</i>			
5	TRAP	<i>Hip Extension with Tower Bar</i>			
6	CHAIR	<i>Reverse Swan &amp; Teaser</i>			
7	CHAIR	<i>Frog Lying Flat &amp; Single Leg Pump Supine</i>			
8	BARREL	<i>Swimming &amp; Grasshopper</i>			
9	SPINE COR	<i>Swimming &amp; Grasshopper</i>			
10	MAT	<i>Single Leg Kick</i>			
11	MAT	<i>Swimming</i>			

Exercises

**Notes:**

**Section X: Exercise Self Mastery R-5 Lab 9**

Lab 19	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Knee Stretches</i>			
2	REF	<i>Stomach Massage</i>			
3	TRAP	<i>Assisted Squats</i>			
4	TRAP	<i>Tower</i>			
5	CHAIR	<i>Hamstring III</i>			
6	CHAIR	<i>Side Pull Up/Leg Extension</i>			
7	BARREL	<i>Side Sit Up</i>			
8	SPINE COR	<i>Side Sit Up</i>			
9	MAT	<i>Side Kick</i>			
10	MAT	<i>Rolling/Seal</i>			

Exercises

**Section X: Exercise Self Mastery R-5 Lab 10**

Lab 10	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Russian Split &amp; Front Split</i>			
2	REF	<i>Jumping</i>			
3	TRAP	<i>Standing Arm Series Facing In</i>			
4	TRAP	<i>Standing Arm Series Facing Out I</i>			
5	TRAP	<i>Standing Arm Series Facing Out II</i>			
6	CHAIR	<i>Forward Lunge &amp; Backward Stepdown</i>			
7	CHAIR	<i>Side Lunge &amp; Sideward Stepdown</i>			
8	BARREL	<i>Leg Stretch Series</i>			
9	MAT	<i>Criss Cross</i>			
10	MAT	<i>Corkscrew</i>			

Exercises

**Notes:**

**Section X: Exercise Self Mastery R-6 Lab 11**

Lab 11	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Long Box Series - Prone Shoulder Press</i>			
2	REF	<i>Long Box Series - Prone Extension</i>			
3	REF	<i>Semi Circle</i>			
4	TRAP	<i>Spread Eagle</i>			
5	TRAP	<i>Hanging Up/Half &amp; Full Hanging</i>			
6	CHAIR	<i>Press Up with Handles</i>			
7	BARREL	<i>Horseback</i>			
8	MAT	<i>Leg Circles</i>			
9	MAT	<i>Double Leg Kick</i>			

Exercises

**Section X: Exercise Self Mastery R-6 Lab 12**

Lab 11	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Seated Footwork (on Footbar)</i>			
2	REF	<i>Long Stretches: Down, Jackrabbit</i>			
3	TRAP	<i>Supine 90/90</i>			
4	TRAP	<i>Upper Quadrant Neural Mobilization</i>			
5	TRAP	<i>Seated Pull Down</i>			
6	TRAP	<i>Dolphin</i>			
7	CHAIR	<i>Tendon Stretch</i>			
8	BARREL	<i>Shoulder Stand/Roll Over</i>			
9	MAT	<i>Push Up</i>			
10	MAT	<i>Twist</i>			

Exercises

Notes:

**POLESTAR PILATES EDUCATION WORKBOOK - Rehabilitation**



**Section XI: Final Check Off**

*For Internal Use. Final Check off Completed by Polestar Educator Prior to Final Diploma*

<i>Final Check off</i>	<i>Date Completed</i>	<i>Educator Signature</i>
<i>Section I - Pre Curriculum and Education</i>		
<i>Section II - Student Status Sheet</i>		
<i>Section III - Didactic Education</i>		
<i>Section IV - Reading Assignments</i>		
<i>Section V - Writing Assignments</i>		
<i>Section VI - Screenings and Case Studies</i>		
<i>Section VII - Observation</i>		
<i>Section VIII - Practice Hours</i>		
<i>Section IX - Apprentice Teaching</i>		
<i>Section X - Exercise Mastery</i>		