



PMA Scope of Practice:

PMA Members & PMA Pilates Certified Professionals must abide by these guidelines:

DO:

1. Design Pilates exercise programs according to the individual's needs.
2. Recognize conditions that would preclude a client from safely participating in a Pilates exercise program.
3. Direct their clients to seek medical attention, as necessary.
4. Receive exercise guidelines and clearance from medical practitioners when appropriate to ensure client's safety.
5. Document client's progress and cooperate with referring medical practitioners.
6. Promote exercise to improve overall health.
7. Coach, provide general information, and refer clients to a qualified counselor or therapist.
8. Use appropriate touch to facilitate movement, position the client, and to prevent injury or damage.
9. Request permission to touch clients and observe practice laws within your jurisdiction.

DON'T:

1. Do not claim to "prescribe" an exercise program.
2. Do not "diagnose" a client with any medical, mental or physical condition.
3. Do not continue training a client with a condition that is beyond your knowledge without medical clearance.
4. Do not "prescribe" diets or recommend supplements.
5. Do not claim to "treat" or "rehabilitate" injury or disease.
6. Do not monitor progress of clients referred by therapists or medical practitioners.
7. Do not counsel.
8. Do not claim to be competent to offer professional education beyond your training or skill level as a Pilates teacher.
9. Do not claim to be competent to engage in professional education beyond your training or skill level.
10. Do not touch inappropriately or without permission.
11. Do not continue to teach exercise to a client if he/she exhibits any of the following unusual symptoms: eg. 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.