

## **PMA<sup>®</sup> Scope of Practice**

**PMA<sup>®</sup> Members & PMA<sup>®</sup> Certified Pilates Teachers must work within the scope of practice of a Pilates teacher as outlined below:**

**The following is *within* the scope of practice of a Pilates teacher**

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

**The following is *beyond* the scope of practice of a Pilates teacher**

1. "Prescribing" an exercise program.
2. "Diagnosing" a client with any medical, mental or physical condition.
3. Continuing to train a client with a condition that is beyond your knowledge without appropriate medical clearance.
4. "Prescribing" diets or recommending supplements.
5. Claiming to "treat" or "rehabilitate" injury or disease.
6. Monitoring (measuring with instrumentation) the progress of clients referred by therapists or medical practitioners.
7. Offering counseling.
8. Claiming to be competent to offer professional education beyond the limits of your credentials.
9. Applying inappropriate touch.
10. Continuing to train a client who exhibits any of the following unusual symptoms: e.g. 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.