

**KNEE JOINT HARMONY: DEVISING APPROPRIATE PROTOCOLS FOR  
A PILATES-BASED TRAINING PROGRAM**  
a workshop taught by Irene Dowd and Steven Fetherhuff  
presented by Stephen Williams at NOHO PILATES

**Description:** The knee joint is the largest joint in our body and very complex. It allows us to change levels from sitting on ground to jumping off the ground and everything in-between. It can adjust for disharmony between our body core (pelvis) and our peripheral contact with ground (soles of feet). However, daily demands on its adaptability may eventually result in wear and tear to this joint. We all want to preserve our knee function. In this workshop, we will review:

- \*how the knee moves "ideally" (biomechanics of joint motion)
- \*special challenges provided by deviations from that ideal including uncontrolled hypermobility, internal joint derangements, or arthritic changes (pathomechanics of knee)
- \*ways in which the individual session may be fine-tuned in order to optimize motion (analysis and coaching strategies)
- \*simple adaptations of traditional protocols to maximally nurture the cartilage-covered surfaces of the knee that allow it to keep moving smoothly and comfortably (innovative protocols adapted to the individual using traditional equipment)

**Date: SUNDAY July 23, 2017 (Saturday workshop is sold out)**

**Time: 1:00-5:00pm**

**Fee: \$175, pre-registration is essential since the course size will be limited**

**Location: NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012  
(at north-west corner of Broadway and Houston Streets)**

**Payment must be made to: "Stephen Williams" only by check or by cash**

**For more information: e-mail Stephen Williams at  
nohostudio@yahoo.com**

**OR call Irene Dowd at 212-420-8782 (8am -8pm)**