



Scope of Practice

All NPCP Certified Pilates Teachers must work within the Scope of Practice outlined below.

1. Design Pilates exercise programs according to an individual's needs.
2. Recognize conditions that would prevent 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, when applicable.
6. Request permission to touch clients and use appropriate touch to facilitate movement, position the client, and prevent injury.

The following is beyond the scope of practice of a Pilates Teacher

1. "Diagnose" a client with any medical, mental, or physical condition.
2. Teach Pilates to a client with a medical condition beyond your knowledge.
3. Recommend nutritional advice, products, or supplements.
4. Prescribe or claim to treat, rehabilitate, cure, or heal an injury or disease.
5. Offer psychological counseling.
6. Offer services beyond the limits of your credentials.