

## get a grip

Sick of slipping and sliding during your practice? Stay put while doing mat or apparatus work with **ToeSox Grip Gloves**, which feature a super-sticky gripping palm. Your hands will be comfortably supported, thanks to the half-finger style, sweat-absorbing terry cloth thumb and form-fitting fabric. The adjustable gloves come in small, medium and large sizes. (\$21.95; [toesox.com](http://toesox.com)).

—Amanda Altman



## anatomy of a can't-miss workshop

Rev your mind—and get your hands dirty—at the **Functional Anatomy for Movement and Injuries (FAMI) Workshop**, held at NYC's Mount Sinai School of Medicine. The brainchild of Matt and Carrie McCulloch, MD, founders of Kinected Pilates Center Matt in Manhattan, the four-day course is intended to school Pilates pros (and advanced students alike) on the anatomical and clinical knowledge needed to safely and effectively train clients.

At the most recent workshop, held in July, each day focused on a different section of the body, including: Vertebral Column, Lower Extremity, Upper Extremity, and Pelvic Floor & Abdominal wall. Participants began with in-depth foundation lectures, given by leading orthopedists, neurologists and sports-medicine physicians, which discussed common injuries and helped equip them for their next activity—a hands-on experience with 3-D cadaver prosections (think spinal cord, knee replacement, pelvic floor) in a professional lab. But there's much more: Kinesiology + injury labs, newly added to the repertoire, allowed total access to the brains of physical therapists, including movement protocols for specific injuries and how they apply to common client scenarios. Last, but not least, participants engaged in radiology sessions—X-rays, CT scans, MRI's, bone scans—and received an overview of radiologic modalities.

You, too, can get med-schooled this year, on July 14–17. For more information, including rates and CECs, go to [kinectedcenter.com](http://kinectedcenter.com). —A.A.

## roll call

Kick your regular routine up a notch with the **CoreFitnessRoller**, which promises to help increase your strength, flexibility and energy level. Designed specifically for Pilates, balance and therapeutic exercises, the foam roller features three levels of resistance so you can constantly shake things up. The best part: The handy prop, beloved by BASI Pilates founder Rael Isacowitz and celeb trainer Kathy Kaehler (Julia Roberts, Jennifer Aniston and Samuel L. Jackson), takes up minimal space and takes only minutes to setup (professional edition, \$349; [corefitnessroller.com](http://corefitnessroller.com)). —Valentina Palladino

