
Learning Objectives

MedBridge

Introduction to Pilates for Rehabilitation

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Chapter 1: Modifying Pilates Mat Exercises for Older Adults or for Rehabilitation

- Review the original 34 exercises as published in 1943 by Joseph Pilates in his book, *Return to Life*
- Learn which of these exercises are appropriate for rehabilitation and what modifications may be required

Chapter 2: Bone Building & Class 1

- Understand how to triage patients into the right level of class, so that they are in a class that is challenging but safe
- Learn about Postural Alignment from Feet to Head, Neutral Spine and Postural Cues for Sitting, Standing and Transfers

Chapter 3: Class 2, 3 & 4: Leg Alignment, Core Control, and Shoulder Girdle

- Learn a new way to take the fear out of lunges for patients with knee pain
- Use principles of Pilates assistance to unload the lower extremities if knee pain is a barrier to performance
- Understand *Core Control*, diaphragmatic vs. costal breathing, intra-abdominal pressure control and Pilates-based spine stabilization principles
- Learn about the *Shoulder Girdle* in Open and Closed Chain, including the unique Fletcher Pilates Towelwork™ approach for facilitation of humeral head placement and scapular control and awareness

Chapter 4: Class 5 & 6: Spine Mobility and Movement Integration

- Learn safe ways to improve spine mobility in osteoporotic or disc patients
- Review and practice the previous 5 Classes with emphasis on transitions, movement integration and body awareness to absorb and apply the Pilates principles to any type of functional or fitness activity

Chapter 5: Wrap Up

- Learn about some great resources to enhance your knowledge of Pilates and bring a Pilates-based bone health program to community.