

Learning Objectives

MedBridge

Pilates for the Frail Older Adult Mat Class

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Chapter 1: Introduction

- Triage of older adults into the fit or frail categories.
- Discuss strategies and equipment needed for older adults to safely complete exercises, including chairs, props and balance poles for their exercises.
- Discuss an exercise progression including: hip hinge and spine alignment, standing Posture & Balance, and overall body awareness.

The Exercises

- Demonstrate an example progression of 22 separate exercises tailored to the older adult.

Chapter 3: Wrap Up/Review Apparatus

- Discuss the use of the Pilates Apparatus for frail older adults, including strategies for using the Trapeze Table, Baby Arc, Reformer, and Wunda/Combo Chair among others.
- Discuss additional resources about Pilates, Bone Health, and Geriatric Physical Therapy.