
PILATES REFORMER

— Balanced Body Education —

Presented by: Diana Chen, DPT

What is Pilates Reformer?



- Versatile equipment designed for an array of exercises to suit the patient's needs and fitness level
- Full body workout that addresses key muscle groups and body positions
- Springs of varying strengths to provide resistance and support with use of springs, footbar, straps, box
- Provide refreshing and energizing workout!

Pilates Principles

Pilates develops the body uniformly.
Corrects wrong postures.
Restores physical vitality.
Invigorates the mind and
Elevates the spirit.

- Joseph Pilates

- Breathing
 - Concentration
 - Control
 - Centering
 - Precision
 - Balance muscle development
 - Rhythm/Flow
 - Whole Body Movement
 - Relaxation
-

What can Pilates be used for?

- Bring awareness to breath and body alignment
- Overall strength and flexibility
- Scapular and pelvic stability
- Lower core activation/abdominal strengthening
- Posture, balance, coordination
- Correct common muscular imbalances
- Improve physical function in daily and athletic activities
- Achieve fitness goals

Pilates and Physical Therapy

Breathing

- How many breaths do we take per day??*
- Breathing techniques are used to:
 - Decrease stress
 - Lower blood pressure
 - Improve aerobic capacity
 - Calm the mind and spirit
- Increase core engagement on the exhale
- Loosen up the ribs, release the midback and increase lung capacity





Pilates and Physical Therapy

Stretching/Strengthening



- Improves muscle elasticity and joint mobility
- Correct muscle imbalances
- Create evenly conditioned body
- Prevent injury

Pilates & Physical Therapy

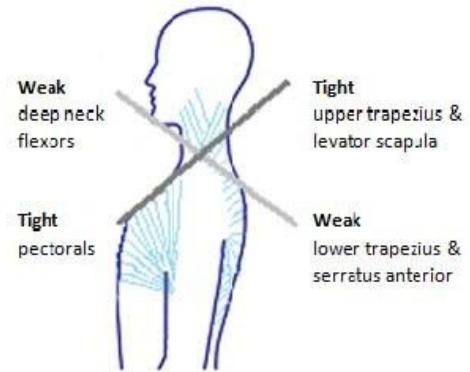
Abdominal Strengthening



- Core is our centerpiece!
- Facilitate neutral spine
- Important for overall strength, stability, balance, and support for the back to perform everyday activities

Pilates and Physical Therapy

Scapular Stability



Pilates and Physical Therapy

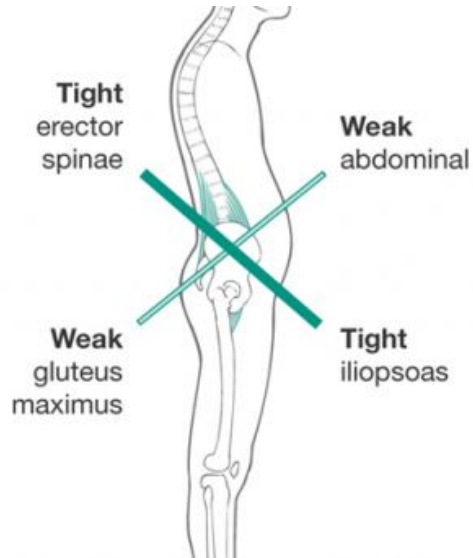
Shoulder Mobility & Scapular Stability

- Cervical radiculopathy
 - Upper cross syndrome
- Midback/thoracic pain
- Shoulder injuries
 - Rotator cuff
 - Labral tears



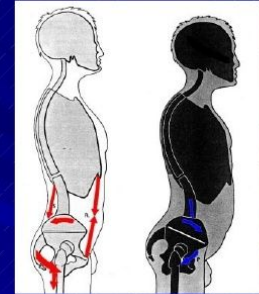
Pilates and Physical Therapy

Lumbopelvic Stability



Lower Crossed Syndrome

- **Tight** Hip Flexors
Lower Back Muscles
- **Weak** Abdominal Muscles
Gluteus Maximus
- Swayback - excessive curve of the lower back
- Anterior Pelvic Tilt - hips tilted forward
- Lower Back Pain



www.ProSpineRehab.com

Pilates and Physical Therapy

Spinal Mobility & Pelvic Stability

- Lumbar radiculopathy
 - Lower cross syndrome
 - Flexion/extension-biased exercises
- Sacroiliac joint dysfunction
- Hip, knee, ankle injuries
 - Hip impingements
 - Patellofemoral syndrome
 - Post ligamentous/meniscal tears
 - Ankle sprains



Case Study 1

- 36 yo female referred to PT for neck pain and headaches
- 5 years
- Sore, dull, ache, throbbing
- No radiating pain
- Sitting desk job 8+hr/day

Case Study 2

- 63 yo male referred to PT for lumbar radiculopathy
- 3 months
- Intermittent achy, shooting, burning pain radiating down RLE to lateral aspect of leg
- Desk job

YOGA vs. PILATES



Why Pilates?

Pilates

- * Core strengthening
- * Cadillac & reformer
- * Energizing strength without bulk
- * Weight loss and body alignment

Yoga

- * Spiritual meditation
- * Deep, intense stretching and elongated poses
- * Release of stagnant energy in poses

Balance
Flexibility
Breathing
Lengthening
Posture
Stress relief



**KEEP
CALM
AND
DO
PILATES**

References

- John, Nora St. *Reformer 1 Pilates Instructor Training Manual*. Sacramento, CA, Balanced Body Education LLC, 2007.