

# Pilates by Physiotherapy

*Be inspired by the Olympics and get into shape*

## Pilates Principles

### Concentration

Pilates is a work-out for the mind and body. Unlike many other forms of exercise, the mind cannot switch off. Concentration on every movement is vital to promote correct alignment and body awareness. The course will start with small, simple movements and progress to the next stage when a level of competency has been achieved. Focusing on movement helps clear the mind and promote a feeling of relaxation.

### Control

All aspects of the exercises are practiced with the utmost control including control of the movement, the sequence, the change of position and the breath. This minimises the risk of injury and produces effective results. Getting to know how correct patterns of movement feel is challenging but the results are very satisfying.

### Centering

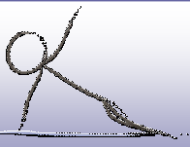
In Pilates your centre is your "powerhouse" Pilates exercises primarily facilitate core stability and then challenge this with various arm and leg movements. The core muscles are the Pelvic floor, Diaphragm, Trans abs and Deep Spinal muscles, they form part of the "powerhouse" Learning how to set your core and find Lumbar spine neutral position is the first essential step to gaining benefit from Pilates exercises.

### Precision

Accuracy of movement is essential. Instructions are precise enabling participants to move in correct alignment which will improve posture and efficiency of movement

### Breathing

Focus on the breathing cycle is important in Pilates, exhalation occurs with movements requiring greatest effort. This provides the spine with the greatest local muscle stability and helps prevent the body from tensing.



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## Flow

Pilates exercises are performed in even, continuous movements to help improve stamina and muscle imbalance.

## Integrated Isolation

Pilates builds mind-body awareness allowing participants to recognise incorrect patterns of movement, isolate them and correct them. With practice you can build this into your everyday life improving quality of movement thus reducing the risk of injury and every day aches and pains from poor posture.

## Routine

As with any exercise therapy repetition leads to greater skill and greater benefits. Initially quality of movement is more important however as you build your skills you will be able to increase the repetitions enabling you to incorporate the movements into everyday life.