

Pilates Alliance

— Australasia —

Choose Pilates for Health & Wellbeing





What is Pilates?

Joseph Pilates developed his system of floor work and spring-based apparatus exercises in the 1920s. Focus is placed on breath, alignment, concentration and controlled, precise movement. It is an effective exercise system for physical conditioning, injury rehabilitation and prevention.

Who can benefit from Pilates?

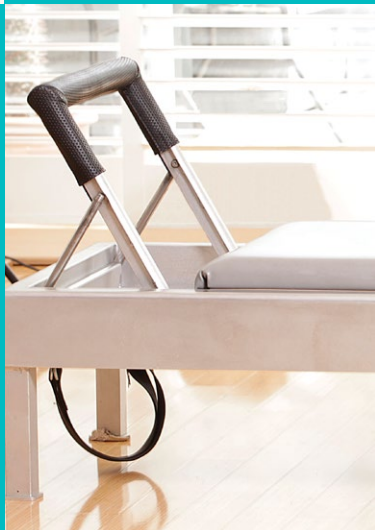
People of all ages and fitness levels can participate in Pilates classes.

Benefits include:

- improved posture
- core strength and stability
- increased muscle tone and muscle balance
- joint mobility and stability
- improved flexibility and range-of-movement
- increased body awareness and co-ordination
- enhanced vitality, stamina and performance
- injury prevention and rehabilitation



Joseph Pilates' unique exercise philosophy integrates mind and body by bringing attention to the quality of movement during exercise and everyday life.





Prenatal and Postnatal Pilates

A woman's body undergoes many changes during pregnancy. Some of these changes can cause lower back pain, hip pain and weakening of the pelvic floor. Pilates specifically targets the core musculature, including muscles of the abdomen, pelvic floor, hips and spine. Strengthening these muscles provides internal support that can ease pain and discomfort during pregnancy and reduce the risk of postnatal complications. A Pilates program can be tailored to suit the changing needs of every trimester and can continue into postnatal recovery.

Pilates and Arthritis

Pilates movements are flowing, controlled and without impact, allowing arthritis patients to maintain cardiovascular fitness and restore joint flexibility and strength, without the risk of injury. The use of Pilates apparatus also allows for dynamic weight bearing, thus increasing blood flow to joints and maintaining bone density. An extensive range of exercises can be used with low repetitions to develop a balance of strength and flexibility around joints, facilitating better joint position and articulation. The improvements to posture, balance, and coordination provide confidence in daily activities and help to reduce the risk of falls.



Members of the PAA are professionally trained Pilates instructors who have undertaken a comprehensive education program that meets strict standards.





Pilates for Athletes and Dancers

Pilates enhances performance by developing core control and dynamic stability through flowing, controlled movement sequences. These elements translate into improvements in strength, power and stamina. Pilates can improve movement efficiency, thus preventing injuries and overcoming performance blocks. A sport-specific program can be devised to address muscle imbalances from repetitive movement, or to target specific weaknesses. A dance-specific program can be devised to improve elongation, back extension, turnout, balance, stability and desired lines.

Pilates for the Neurological Patient

Pilates can be extremely helpful for the neurological patient, including those affected by stroke, acquired brain injury and diseases such as meningitis or epilepsy. Following acute medical care, focus must turn to the re-education of the injured neural pathways. With the use of Pilates equipment, qualified Pilates practitioners can use spring tension and a range of repertoire modifications to stimulate functional movement patterns and re-educate the neuromuscular system.



Pilates and Fibromyalgia

Fibromyalgia syndrome is an illness characterised by widespread musculoskeletal pain and stiffness, general fatigue and restless sleep. Exercise is important to maintain and improve function, and to assist in pain management; however muscles will fatigue quickly and exercise for Fibromyalgia patients can be painful. An experienced Pilates instructor can use Pilates equipment to support correct alignment, allowing the patient to build strength and endurance with minimal pain. The Pilates Method uses low repetitions with a focus on correct technique, flow and breath, allowing the patient to reconnect mind and body at their own pace.

Pilates for Rehabilitation

Pilates enhances the recovery process for common orthopaedic injuries and conditions, such as disc herniations, spondylolisthesis, lower back pain and scoliosis. It can also be beneficial for rehabilitation of joints post-surgery, e.g. knee or hip replacement, anterior cruciate ligament (ACL) repair, shoulder joint repair or reconstruction. The Pilates method can restore range of movement and strength in a safe, non weight-bearing environment to reduce pain and improve functionality, allowing a faster return to pre-injury activity.

Pilates Industry Standards

The Pilates Alliance of Australasia (PAA) is an independent not-for-profit organisation, established by the Pilates industry as a regulatory body for the control of quality and integrity in the instruction of the Pilates method.

All members of the PAA are professionally trained Pilates instructors who have undertaken a comprehensive education program that meets the PAA's strict standards and criteria, including a minimum of 500 hours of Pilates specific training.

To find a qualified Pilates instructor who can provide an individually tailored program, please visit our website: www.pilates.org.au



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