

THE POWER OF

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# *Pilates*



LEARN HOW PILATES CAN FIX YOUR BODY  
AND HEAL YOU IN MANY WAYS

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# **Foreword**

Pilates has gotten to be a common way to exercise. Pilates is a process that centers on core strengthening, balance, and flexibility. These principles are a few of the same principles utilized in the rehabilitation of a lot of common orthopedic issues.

Consequently, Pilates is more commonly being utilized in the prevention and rehabilitation of these orthopedic issues as well as in other areas of healing.

As a matter of fact, professional athletes in a few sports have started performing Pilates on a regular basis to help develop their core strength and flexibility. It's thought that these skills might help keep the athlete injury-free and helps enhance performance as well as heal.

## ***The Power Of Pilates***

Learn How Pilates Can Fix Your Body And Heal You In Many Ways

# Chapter 1:

## *What Is Pilates*

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Pilates is an exercise system formulated by Joseph Pilates to fortify muscles, step-up flexibility and better overall health. Exercises are executed on a mat and on particularly designed equipment.

The Pilates system includes exercises for each part of the body and applications for each sort of activity. Created in the early part of the 20th century, Pilates was so far in advance of it's time that it didn't begin to accomplish popular recognition until the first few years of the 21st century.

Over 10 million individuals are now doing Pilates in the U.S. and the numbers are growing yearly.



## **The Basic Info**

Pilates centers on engaging the mind with the body to produce exercises that affect the whole body. Each exercise is performed with attention to the breathing, suitable form and efficient movement patterns.

Pilates beefs up the core, betters balance, increases coordination and lessens stress. The exercises are comparatively safe, low impact and suitable for anybody from ten to a hundred. Pilates centers on learning to move better so the advantages are felt in daily life.

Pilates is utilized in fitness centers, individual studios, rehabilitation clinics and hospitals to better the health and well-being of clients from the freshly injured to the super fit. As more and more individuals take part, Pilates continues to grow and evolve to meet the requirements of anybody wishing to better their ability to move with strength, ease and grace.

Joseph Pilates dreamt up his technique as a way to connect and develop the mind, body and spirit. These are the central principles of the Pilates technique.

### **Breathing –**

The breath is the crucial link between the mind and the body. It pulls our drifting mind back into our bodies and back to the job at hand. It's the foundation of our being and the rhythm that goes with us from birth to death. In Pilates the breath is incorporated into each movement in order to keep our awareness on what we're doing, to

better the flow of oxygen throughout our tissues and to better the capacity of our lungs.

### **Concentration –**

To concentrate is to pay attention to what you're doing. To be present with and in command of the task at hand. Without concentrating the exercises lose their form and their aim.

If teaching it's crucial to have a client do only as many repetitions as they may without dropping off their concentration. It's better to do 5 repetitions perfectly than twenty without attentiveness.

### **Command –**

To be in command is to comprehend and maintain the suitable form, alignment and effort during a total exercise. Pilates exercises are never done without meshing the mind to command the movements and the movements that the body is making.

### **Centering –**

In Pilates all motion radiates outwards from the center. Formulating a strong, stable and flexible center is among the defining characteristics of this sort of exercise.

### **Preciseness –**

Comprehending suitable form and placement and being able to execute exercises with efficiency comes with practice. Preciseness is the output of concentration, command, centering and practice.

### **Balanced Muscle Development –**

Comprehending, developing and sustaining correct alignment and form is all-important to Pilates. With practice these precepts become

second nature and lead to bettered posture, expanded comfort and enhanced physical abilities.

### **Rhythm/Flow –**

All motions in Pilates are executed with a sense of rhythm and flow. Flow produces smooth, graceful and usable movements. It diminishes the amount of stress localized on our joints and formulates movement patterns that integrate our body into a smoothly flowing unit.

### **Total Body Movement –**

Pilates is basically about integration: integrating motion into a flowing total body experience, integrating the mind and body to produce clarity and aim, integrating mind, body and spirit to produce a life of balance.

### **Relaxation –**

To be fit in body and mind it's crucial to comprehend the balance between effort and relaxation. In Pilates we learn to utilize simply the amount of effort required to complete the exercise right, no more, no less. Learning to free unneeded tension in our bodies helps us to discover ease and flow in motion and in the rest of our lives.



# Chapter 2:

## *How Can Pilates Help An Injured Athlete*

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Pilates uses many of the same principles used to help injured athletes recuperate. Pilates focuses on control of movement, so as to prevent further injury to the body.

Pilates is low-impact and does not induce inflammation and overuse syndromes. Increases in strength and improvements in flexibility are additional benefits of Pilates.

Individuals of all ages and levels of physical fitness may benefit from Pilates. Professional dancers, gymnasts, football players, basketball players and simply about anybody who wishes to better their fitness may benefit from Pilates exercises.

While the exercises themselves may step-up endurance, strength, flexibility and total physical fitness, it's crucial to remember the roots of this sort of exercise are in rehabilitation. The Pilates precepts mirror the same precepts utilized in orthopedic rehabilitation.

## **For Injuries**

Physical therapists routinely utilize Pilates exercises to assist patients with the following injuries or diseases:

- Ankle traumas
- Hip and knee traumas or replacements
- Neck and back pain
- Sciatica
- Parkinson's Disease
- Scoliosis
- Fibromyalgia

As a lot of the exercises were developed for individuals who could not hold up to high impact exercise, Pilates may benefit wounded athletes and active grownups who are recovering from a trauma. Designed to be low impact, Pilates exercises when done right won't aggravate traumas yet will let the patient see expanded strength and flexibility.

Today, a lot of individuals are getting into exercise and sports like running, badminton, golf, and triathlon. Several are experiencing assorted types of traumas, hence the increasing need for some exercises like Pilates, a good tool in rehabilitating one's existing musculo-skeletal issues.

Pilates utilizes a holistic approach in formulating one's strength, mobility and command to prevent or get over an existing trauma.

Motion, like Pilates exercises, may help people re-align their body, decently recruit their muscles at the correct time and educate them to

carry out and integrate motion in the most effective way, utilizing different planes of motion.

The basic injuries frequently encountered in a rehab Pilates practice include disc herniation, shoulder impingement, cervical spine issues.

Targeted muscle activation. There are a few misconceptions about Pilates like utilizing a Pilates reformer to be able to perform a Pilates move, and that one ought to be able to do all the advanced Pilates moves on Pilates machines for the exercises to be considered effective. Actually, the less Pilates equipment, the harder the exercise is, as you'll be needing less assistance to execute an exercise.

In rehab Pilates, a client may utilize different Pilates equipment in assorted positions with exercise modifications based on the existing circumstance and goals of the plan.

For instance, a client may utilize a strap to hold a neutral position. This effectively fires the deeper muscles of her backbone, which is needed in rehabilitating her back trouble.

Breathing and command. We were taught to breathe in through the nose and exhale through the mouth while holding the shoulders and additional parts of the body in a stable position. One ought to be able to master suitable breathing to have more effective command over the desired motion pattern necessary for rehabilitating the condition.

For instance, learning suitable breathing, centering on lateral expansion of the ribcage and contracting the deep breathing muscles of the torso may be utilized to decrease muscle tightness and to beef up muscles in and around the torso.

Postural discipline and re-education. Awareness and automatic correction of one's posture are crucial in injury prevention and rehab. If you've a forward head posture or a lordotic (arched/hyper-extended) or kyphotic (rounded) backbone, tight and feeble muscles ought to be worked on with a few exercises to be able to employ automatic correction as a result of uniform practice of prescribed Pilates exercises leastwise 1 to 3 times a week.

Performance of activity-specific training. A few important Pilates exercises that ought to be done 2 to 3 times a week to better sports performance and forestall injuries in some common sports like running and triathlon: the shoulder bridge for inner thighs and back muscle of the thigh, swimming for the back and bettering reciprocal motion and single leg stretch to beef up the obliques more.

# Chapter 3:

## *How Does Pilates Help Back Pain*

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Pilates is a system that combines stretching, strengthening and core abdominal muscle work into a few really challenging exercises. It's one form of core strengthening work.

Pilates is fantabulous for the prevention of back pain and injury.



## **For The Back**

Pre-Pilates is prep work that teaches the basics of the Pilates method. It's generally a safe and effective way to utilize Pilates for chronic back pain.

Pilates is likewise effective after the initial stages of a trauma have passed, to help heal, stretch and fortify.

When Pilates is instructed by a qualified professional, it's effective in posture training, which will help to forestall re-injury. The operative phrase here is "qualified professional". You need to be sure your Pilates teacher is skilled, or better yet, seasoned, in topics of back and neck pain.

True core support can't occur in the body if the neck and shoulder muscles are bearing tension. When there's upper body tension, the whole body is off-center, however slimly. From an off-center positioning, the deep abdominal muscles can't be accessed.

This easy session utilizes particular breathing formulas and your imagination to bring about changes in posture. These methods release unneeded muscle tension and trigger the deep muscles of core support.

Lay down on your back on the floor. Bend your knees; put your feet flat on the floor. Your heels ought to be directly in line with your

sitting bones, situated at the base of your pelvis. Tie a scarf or belt round your thighs just higher up than your knees.

Put your hands between the sides and rear of your ribcage for feedback. Envisage that your ribcage is a balloon. As you breathe in, blow up the balloon. Utilize your mental intent to inflate right where your hands are placed. Attempt to make this picture come alive for you. Attempt also to blow up the balloon in the rear of your ribs.

On the breath out, make a long, slow hiss sound, as if you were releasing air from a tire. During each breath out, envisage that your neck and shoulders are made of melted down candle material. Your neck and shoulders are lax, yet malleable.

Let your mental imagery start at your neck. As the wax flows downward, in your mind's eye, see your neck gently lengthening towards your feet. Remember, you're still breathing out.

Still breathing out, as your liquefied candle drip arrives at your shoulders, it's as though a pair of hands smoothes the wax out wide (the same way your shoulders go), really softly. Work from the center outwards. Let yourself relax.

Following, the liquefied candle material flows down the middle of your chest, from the sternum to the pelvis, always lengthening towards your feet. Let the liquefied candle soften your chest and ribs as it proceeds.

During the breath out, feel front of your body naturally flowing against the back.

After you've melted your upper body, however before all of your air has been released, pull in somewhat at the front of your pelvis. The place to draw in is just beneath your belly button. Attempt to utilize more intent than force, but do exercise a muscular effort. In Pilates, this will be the "scooping", or "navel to spine". Replace force with muscular intent whilst scooping.

- For level best relaxation and centering, read the instructions into a tape, and play the tape back when you experience the session.
- Don't pressure anything. It's all in the breathing and imagination.
- Tie a scarf around your ribs. This will supply resistance to your taking a breath, which will form posture muscles in the upper body.
- If you can't keep your breath out going long enough to finish all the instructions in one cycle, that's all right. Simply inhale and carry on from where you were. With practice, your breathing capability will develop.
- You are able to likewise utilize these techniques to free stress and upper body tension.



# Chapter 4:

## *Osteoarthritis Help From Pilates*

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Osteoarthritis, among more than 100 types of arthritis and associated diseases, is the most prevailing sort of arthritis. In the U.S., Approximately 27 million individuals live with the disease.

Osteoarthritis is most common among grownups over sixty-five years old but individuals of any age may develop the disease. Prevalence rises significantly following age fifty in men and following age forty in women.

According to the American College of Rheumatology, seventy percent of individuals over the age of seventy have x-ray demonstration of osteoarthritis.



## **Arthritis**

Osteoarthritis is induced by the breakdown of cartilage in one or more joints. Cartilage is composed of sixty-five to eighty percent water, collagen (fibrous proteins), proteoglycans (proteins and sugars which weave with collagen), and chondrocytes (cells that grow cartilage).

Cartilage is a hard however slippery tissue which serves as a buffer between the bones of joints, letting the bones glide over each other. Cartilage likewise sucks up shock from physical motions.

Once cartilage loss occurs, the joint may degenerate to the point of rubbing bone against bone. Alters in structures around the joint (muscles and tendons), fluid assemblage, and bony overgrowth (e.g., osteophytes or bone spurs) may develop, inducing severe chronic pain, loss of mobility, and handicap.

Osteoarthritis is likewise known as degenerative joint disease, DJD, wear-and-tear arthritis, and osteoarthritis. The disease may affect joints in the:

- Digits
- Hip joint
- Knee joint
- Feet
- Backbone

Founded on x-ray evidence, the distal and proximal inter-phalangeal joints of the hand are most generally impacted by osteoarthritis, though they don't commonly demonstrate typical symptoms associated with the disease.

Pilates may be taught utilizing special Pilates equipment in settings that are individual or semi-private. There are likewise group mat classes (performed on mats) that don't utilize equipment.

Basically, there are 3 pieces of equipment utilized with Pilates:

- The Reformer
- The Cadillac
- The Wunda Chair

Mat exercises center on strengthening the trunk muscles and hip muscles while increasing the flexibleness of the backbone and hips.

Pilates is a good form of exercise for arthritis patients who shy away from physical exertion, which they feel they can't do. Pilates is gentle — it doesn't strain your joints or add burden to ligaments and cartilage that encircle the joints

Pilates may provide a lot of health advantages. Particular to osteoarthritis, lengthening your body through Pilates motions may help relieve soreness. Stretching is thought to assist with blood flow and the delivery of nutrients to muscles and tendons.

Greater circulation might likewise serve to relieve aches and stiffness. Subtle betterments in posture might result in fewer aches and pains, too.

All Pilates exercises begin in your core (your belly), remain in your core and finish in your core. Before attempting Pilates exercises, you

have to learn how to move from your core, and simply then will you be able to recognize the total benefit of Pilates.

Because you've a chronic medical condition, check to be certain your physician has no objection to you starting a Pilates program. Most likely, your physician will encourage your engagement instead of discourage it. Once you've the approval of your physician, abide by the valuable rules of Pilates.



# Chapter 5:

## *How Pilates Is Connected To The Mind*

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Pilates is a gentle, all the same potent way to get in touch with your body, free your spirit, and calm your mind. It may help you stamp down fatigue, limited movement, and diminished strength.

It may prevent you from formulating complications like pain, stiffness, and in the case of breast cancer treatment lymphedema.



## **Connection To Mind**

Most of us are at any rate broadly familiar with Pilates as a sort of exercise. It's on the roster at the local gymnasium. Everybody talks about their "core" or deficiency thereof; and the idea of somebody who practices Pilates brings up images of a "six pack" round the middle, and not the sort of six pack that calls for you to pull an alloy tab.

So, although Pilates might be part of our common jargon, it's not widely translated in its totality. Pilates techniques give us a way to take on the drooping effects of Father Time or bring down our belly-print on Mother Earth; however it goes far on the far side of cosmetic outcomes.

It's in reality a multi-layered doctrine that necessitates mind-body connection, breathing methods, lightness of spirit, and simplicity of movement.

A few say it has Yoga-esque characters and the direct affect of a session may still be felt afterward as you walk to your automobile or cruise the green goods aisle.

A few report feeling lighter, a few feel grounded, and other people in reality feel taller and more upright following just one experience.

Most exercises are executed lying on your back, belly, or your side, supplying support and the chance to isolate particular muscles or center on big muscle groups. In addition, with each exercise flow, you're asked to center on your breath, each breathing in and

breathing out coordinated with exertion. This flow supplies your body with oxygenating nourishment and produces a meditative attention to your physicality and emotional state.

With this kind of balanced scientific and spiritual plan of attack, Pilates has gotten some attention in the medical profession as a valid treatment for patients with variable diagnoses, including those convalescing from breast cancer.

A lot of physical therapists determine the holistic qualities Pilates espouse to be a good component of both clinic- and home-based exercise regimes.

It at the same time builds up strength, flexibility, and self-assurance in the movements of the body. Occupational therapists realize Pilates' affect on the stabilizing core muscles as a basis for expanded function and greater independence in activities of living like self-care (dressing, bathing, and hygienics), home care, community things, and leisure enterprises.

# Chapter 6:

## *How Pilates Helps Breast Cancer Survivors*

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Let's address specifically how Pilates may help women convalescing from breast cancer.





## **Healing After Cancer**

- Pilates better lymphatic drainage by its accent is on deep breathing along with abdominal workouts which help pump extra lymphatic fluid back to the heart.
- Pilates beefs up the middle back muscle system by exercise. This encourages better posture, a great deal of the time impaired after breast surgery.
- Pilates may be done in private sessions if tiredness, anemia or infection risk is a factor in recovery. In addition, it may accommodate particular needs and considerations as it may be performed in standing, sitting, lying down on the back or belly, or side-lying positions.
- Pilates may better rhythm and balance between back and shoulder muscles as women frequently restrict shoulder movement due to pain, concern, and decreased proprioception (cognizance of where the body is in space).
- Pilates' emphasis is minimal repetitions of an exercise executed with right form. This is perfect for somebody at risk for lymph-edema or who are wore down.

Although qualitative improvements, a great deal of the time, speak for themselves, clinical research into the results of Pilates on the recovery of people with breast cancer is still really sparse.

One recent although little study, conducted by K.S. Keays in 2007 and printed in the journal, Physical Therapy, found that Pilates reasonably bettered shoulder abduction (movement of the arm away from the side of the body) and extraneous shoulder rotation.

Clearly, additional research is required to validate the wide scope of effectiveness Pilates treatment may bring. Yet case-by-case experiences carry on to be encouraging.



# Chapter 7:

## *How Are You Evaluated After Breast Cancer For Pilates*

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You might be thinking that Pilates may be worth a try. May I just go to the gym and take a class? The resolution lies with you and your doctor if you are recovering from breast cancer. The opening move is to advocate for yourself.

Comprehend that a central component to defeating a lot of side effects of treatment and forestalling complications lies in taking care of yourself; this includes exercise both while you're going through chemotherapy and while you're recovering from assorted treatments.

Talk about this desire with your physician. Discuss the particulars of your experiences, your path of treatment, and ascertain together where Pilates might fit into your recovery.

## **On The Road To Recovery**

The destination of any recovery is long-term wellness so, yes, at some point; going to a Pilates class might be a fantabulous way of sustaining your goal. However early on in your recovery, a choice that may lead to this point of maintenance is to go to a comprehensive rehabilitation program that integrates Pilates into its physical and occupational therapy plans.

A licensed and certified physical or occupational therapist with experience caring for patients recovering from breast cancer is schooled in the process of the disease, as well as the physical and psychological significances of breast cancer.

They comprehend symptoms of adverse ramifications and contraindications to keep away from, including signs of pain. These skilled rehab therapists are trained to adjust, grade, and personalize your treatment established on this knowledge.

They function under a prescription from your physician and are professionally responsible, under their state licensure and professional ethics, to treat solely inside their scope of practice and capacities.

During consultations with your physician about the possibility for physical and occupational therapy, make certain to talk over scenarios that suggest that Pilates and particular rehab modalities may cause physical harm and consequently, ought to be avoided.

These situations to keep away from include, but are not limited to:

- The bone density is compromised ascribable to chemotherapy. Have your physician carry on a DEXA scan (bone density test) to ascertain if your bones have been diminished.
- You've recently had a TRAM Flap reconstruction. Your stomach needs time to heal before working its muscles.
- You go through acute pain, immediate or lasting, during treatment.
- You go through any abrupt changes in heart-rate, breathing, or blood pressure with treatment.

It's normal to have a little hesitation about returning to a workout routine following breast cancer treatment. You might feel you have to guard the side of your body that has been addressed. You might feel self-aware about how you look or how you move. You might fret about harming or extending yourself.

All the same, rehabilitation and Pilates experts believe that it's harder to restore function in somebody who has confined their exercise and movement for a long time period. They think that early intervention and prevention is advantageous to a lot of patients, particularly when a Pilates regime is tailor-made to your particular needs and tolerances. Ask your physician and therapists to guide you in arriving at decisions that may help you reach your greatest potential.

When you become more physically stable and positive, therapists and physicians may likewise help point you in the direction of qualified Pilates instructors in the area. One-on-one instruction to start with is good, and an instructor that sympathizes with your condition is great. There's no central regulation authority for Pilates instructors, however by bringing an understanding of your personal

requirements, informed questions, and an inner sense of the sort of instructor with whom you feel easiest, you'll discover yourself enjoying a healthy and productive experience. The conclusions you make, after all, are really about how you are able to best develop fit habits, with the support of professionals and individuals you respect and trust, as part of that travel.

A lot of us acknowledge that the key to sustaining any healthy habit is to enjoy the process. None of us wishes to consume sawdust, so we select healthy foods that are colorful, deviate in texture, and taste delightful. Most of us can't slip into a deep meditation on a crazy busy rush-hour commute, so we discover tiny rituals throughout our day that bring us peace of mind like a cup of tea at sunup or a warm bath at night.

The same themes have to be applied to our physical, spiritual, and emotional convalescence from breast cancer. If Pilates is or has ever been an exercise you thought you may love, if it's something you've done regularly or not so regularly, if it's a challenge you think you are able to welcome, think about it. Savor it. And see where it will take you. Perhaps it will become a fulfilling element to a full life of health and being well.

# Chapter 8:

## *Doing Pilates Correctly*

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To acquire the absolute most from a Pilates exercise it's really crucial to understand the central parts of the Pilates method and it's all-important to engage them while executing the Pilates exercises.



## **Doing It Right**

The following breaks up the crucial components of the Pilates exercises this will enable you to discover these central elements before you get moving on the exercises proper.

These exercises may be done every day not simply as part of your warm up but likewise as a brilliant way to help you evolve your Pilates process till it becomes second nature to you.

### **Core/center**

Your core or center is the circle of muscles which are wrapped round your body like a corset. These muscles assist in supporting your body and provide you good posture.

The core muscles are all-important to Pilate's exercises as each exercise calls for you to initiate all motion from your core. To discover your core muscles lie down flat on the floor and attempt to push your spine onto the floor by drawing in your navel.

Be careful not to pull your navel into too far that you can't breathe and your ribs jut out. The aim is to activate your abdominals so that your stomach goes flat, but you ought to be still be able to breathe normally.

### **Neutral Spine**

A neutral spine is the beginning position for your back with the Pilates floor exercises as this will place the lowest amount of tension on your spine. This might appear contrary to what you might know



however your spine ought to never be flat on the floor while lying down. You ought to always have a natural curve between your back and the floor.

### **Pelvic Floor Muscles**

The Pelvic Floor Muscles are likewise crucial for core stability as they're utilized to connect to the abdominal or abdomen muscles: this implies that you ought to always have your pelvic floor muscles engaged if your abdominals are. If your Pelvic floor muscles drop tone you'll discover that your posture will break down and this may lead you to having back pain.

### **Lengthening of the neck**

The right position for the neck is likewise crucial while doing Pilates to help avoid trauma. It doesn't matter if you're sitting or standing you have to imagine your chin moving back closer to your neck and the crown of your head getting pulled upward by a piece of string. (If you do this right your body will mechanically move into a strong postural position).

### **Shoulder Stabilization**

A lot of individuals suffer from sore shoulders and neck pain merely as they don't hold their shoulder blades static when they raise their arms. This implies for most of the day their shoulders are lifted and the head held in a position instead of kept in a relaxed state. In the Pilates process the exercises with the arms always start with the shoulder blades slipping down the back so that that the shoulders are steadied

# Chapter 9:

## *How To Find Pilates Classes*

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Pilates classes are so popular now that it's comparatively simple to find them.

I see Pilates classes available in even the littlest towns. The magic trick is finding out about them.

Even in a huge city, it may take a little looking to discover just the correct Pilates class for you. Here are some tips for discovering Pilates classes wherever you are.



## **Where To Go**

A referral from somebody who knows a studio or teacher is the very finest way to become connected to a great class. If you know somebody who does Pilates, or overhear somebody discussing their instructor or class, ask them about it.

Ascertain the name of the place your contact takes classes, however also go farther. As you're getting info from somebody who has direct experience, discover who their preferred instructor is and how come, what they like and don't like about the place they take class, and where it is. Location is really important. If a class is too hard to get to, it's not likely you'll continue.

Your local paper may be a place to keep an eye open for Pilates advertisements or announcements; however I see more Pilates ads in free newspapers and magazines -- the alternative papers and the sort of papers and magazines that display happenings around town. So, if you're in the market for a Pilates class, glimpse through a couple of your local "rags."

The great thing about a telephone book is that it will give you the names, phone number and locations of all of the Pilates studios in your community.

Likewise, with all the studio numbers in front of you, you are able to go right down the list, calling and asking questions. You are able to learn a lot from how a studio handles telephone calls.

Pilates classes surface at all sorts of fitness locations, so don't confine your search to Pilates studios. While it's a great boon to discover a

studio you like, there are adequate qualified instructors teaching at general fitness locals that it's worth checking them out also, particularly if they're close or the only resource.

Make sure to ask questions and make certain the instructor is certified in Pilates (not simply sliding over from another discipline because of demand).

If you're going to a gymnasium, you may want to read up on Pilates fusion, as those kinds of classes are more common in gymnasium settings.

Online is an obvious solution. Do a search and see what you come up with. Most Pilates studios have some sort of web presence, and that will let you discover a lot about their offerings before you have to follow through in any additional way. If you do a Google search, you'll likely get a map of your area with the studios pinpointed for you also.

Working with a real, live Pilates instructor is crucial. However if you can't find a class or your wish to supplement your classes, there are lots of ways to learn Pilates.

# Wrapping Up

Poor posture, health issues, acute injuries and repetitive strains frequently result in muscle imbalances. Wounded muscles may become shortened and tight or lengthened and weak. When an imbalance happens individuals lose efficient muscle action and tend to develop compensatory muscle patterns and defective movement patterns. A few muscles become overused and others underused. These ineffective patterns frequently become normalized and result in other imbalances, strains and pains.

Pilates may help by retraining muscles to work as they ought to, teaching individuals how to recruit muscles to produce efficient, safe motion. Strengthening and restoring muscle function doesn't require the utilization of heavy weights or big rapid movements, but instead gentle, progressive motions done with great postural alignment.

Pilates exercises utilize controlled motions to enhance balance and coordination, while beefing up the core stabilizing muscles including the transverse abdominus, multifidus and pelvic floor. Utilizing great alignment and controlled motions, these gentle exercises are less likely to lead to re-injury. At the same time, they're rather challenging and call for a true mind body connection.