

**PILATES ALIGNED REHAB PROGRAM**

**Pilates** (pronounced peh-lot-ees) is an exercise technique developed by Joseph Pilates eighty years ago. Pilates was influenced by both western and eastern methods of exercise. He sought to blend both to create an exercise system with the perfect balance of strength and flexibility without excess muscle bulk. His technique has been widely used in the professional dance community for decades and in recent years the medical community has realized the effectiveness of Pilates and its application to injury prevention and rehabilitation.

**Candidates for the PAR PROGRAM**

Pilates is a form of core and extremity strengthening that can be used to treat a variety of conditions, including low back pain, shoulder pain, and knee pain.

**Evaluation and Monitoring**

On your first visit your therapist will do a comprehensive evaluation to assess your posture, strength and flexibility. In addition, your functional limitations and any other physical impairments or limitations will be assessed. Your progress will be reassessed weekly to ensure you are progressing toward your goals.

**Program**

A supervised exercise program, specific to your individual needs will be conducted. Strengthening and flexibility, coordination, balance and agility exercises, and core strengthening exercises on the mat and specialized Pilates equipment will enhance your therapy goals.

**Goals**

The goals of Pilates are to restore muscle strength and length, correct faulty movement patterns, and to improve core control and body awareness. The exercises are adaptable to all levels of fitness and can be applied to multiple diagnoses.