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# Rehabilitation Pilates An Introduction to Rehabilitation Pilates

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 67 slides and is 88 minutes in duration.

- I. The history behind the Polestar Pilates method
  - A. Joseph Pilates, the creator of Pilates
  - B. A genealogy of Pilates
  - C. The Pilates Method Alliance
  - D. Polestar Pilates

## Interactive Questions – slide 12 @ 11 minutes

- II. The principles of the Polestar Pilates method
  - A. The 3 guiding Pilates principles
    - 1. Whole body health
    - 2. Whole body commitment
    - 3. Breath
  - B. Pilates evolved movement principles
  - C. Goals and benefits of Pilates
  - D. Polestar's Principles
    - 1. Breathing
    - 2. Axial elongation and core control
    - 3. Spine articulation
    - 4. Organization of head, neck and shoulders
    - 5. Weight-bearing and alignment of extremities
    - 6. Movement integration

## Interactive Questions – slide 36 @ 57 minutes

- III. What is Pilates?
  - A. Basic concepts
    - 1. Complimentary movement system
    - 2. Strengthening
    - 3. Flexibility (inhibition of unnecessary guarding)
    - 4. Movement re-education
    - 5. Apparatus and floor work
  - B. Pilates tools to facilitate or grade difficulty of movement acquisition
  - C. Who can benefit from Pilates?
    - 1. Treatment of the spine
    - 2. Sport rehabilitation

Notes

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Interactive Questions – slide 44 @ 69 minutes

Notes

IV. Pilates movements for dancers

- A. Exercises for spine mobility
  1. Trapeze: circumduction on tower bar
  2. Reformer: long spine variation
  3. Mat: roll over
- B. Exercises for strengthening the dancer
  1. Reformer: teaser series
  2. Chair: 1-arm push
- C. Exercises for improving a dancer's coordination
  1. Trapeze: walk-over
  2. Trapeze: dolphin with oblique emphasis
- D. Exercises for improving a dancer's technique and endurance
  1. Trapeze: standing tower bar series
  2. Reformer: advanced jumping combinations
  3. Reformer: advanced standing with port de bras

V. Other treatments

- A. Neurological rehabilitation
- B. Chronic pain

Interactive Questions – slide 63 @ 83 minutes

V. Summary

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## Bibliography

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