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Pilates and Back Pain

" My back used to hurt all the time and now I don't feel it anymore" is a phrase we hear a lot from people who do Pilates consistently. So what is it about Pilates that works so well for back pain relief?



Muscular imbalances, lack of core support, pelvic instability, poor posture, and lack of body awareness effect back health. These are issues that Pilates Method specializes in helping people improve. What makes Pilates so effective is that it addresses the underlying structural imbalances in the body that leads to back pain.

Pilates exercises are done with focus on alignment, creating uniform muscle use and development, helping to correct the posture. It improves core strength, flexibility, and the muscles work together with alignment, supporting and stabilizing the spine.

Whether the cause of pain is from an injury or a culmination of the effects of poor posture and inefficient movement habits, back pain is a messenger letting us know that we have to pay more attention to how we live in our bodies and the Pilates Method helps us to become aware of our alignment, and the way we move.

If you can incorporate Pilates concepts into your daily life, you will notice changes in your back pain, in your posture and in your sense of well being :)

JOSEPH PILATES QUOTE:

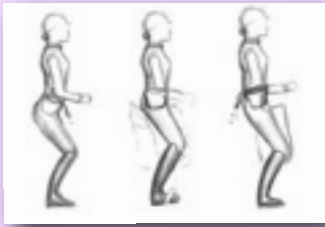
"Physical fitness is the first requisit of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure"

Joseph Pilates



Did you know?

Pelvis is the latin word for a basin or bucket, both of which the anatomic pelvis resembles!



JOSEPH PILATES NAMED HIS EXERCISE METHOD "CONTROLOGY". THE MIND AND THE BODY MUST ACTIVELY ENGAGE TO ACHIEVE PHYSICAL FITNESS IN THE PILATES EXERCISES. THERE ARE FUNDAMENTAL PRINCIPALS THAT UNDERLIE THE PILATES METHOD THAT ARE PRESENT IN THE SUCCESSFUL PERFORMANCE OF ALL THE THE PILATES EXERCISES:

BREATHING, CONCENTRATION, CONTROL, CENTERING, FLOWING MOVEMENT (QUALITY OF MOVEMENT), DISCIPLINE.



MUSCLE OF THE MONTH: PSOAS MAJOR

The Psoas Major is part of the muscle group called iliopsoas. It functions as a primary flexor of the hip joint. It works in a dynamic phase (as a flexor of the hip joint) as well as in its static phase (involving fixation of the hip joint to maintain a sitting or standing position against gravity). Psoas Major is a flexor, a lateral flexor, a stabilizer of the lumbar spine, and a stabilizer of the hip. It's a power source for walking and running and a controller of the lumbar lordosis when supporting difficult lumbar loads. WOW!!!

Pilates can help improve sleep quality. A study at Appalachian State University in North Carolina revealed that after participants took a Pilates class for a semester, sleep quality and mood improved :)

Pilates Magazine



How many bones a typical adult human have?

- A) 157
- B) 403
- C) 206
- D) 327

ANSWER: C



ROLL OVER Benefits: strengthens the core, articulates and lengthen the spine!!!



Scoop your belly!!!

by Denise Sperb :)