Clinical Pilates

Clinical Pilates is a specialised form of exercise that focuses on improving posture, core stability, balance, strength, and flexibility, all of which play a vital role in the Spinal Rehabilitation process.

In this GP Resource we explain:

- **Why Clinical Pilates is different to other forms of Pilates.**

- **Why Clinical Pilates provides a long term solution for spinal pain.**

- **Why Clinical Pilates most importantly allows patients to maintain a healthy spine.**

Is Clinical Pilates different from any other Pilates?

Clinical Pilates is different to other forms of Pilates as it is tailored to each patient's specific injuries and physical needs, instead of every patient performing the same form of basic exercise. All of our physiotherapists have completed specific training in Clinical Pilates so they can analyse and deliver an individualised Clinical Pilates programme.

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Clinical Pilates is an essential component of spinal pain rehabilitation for the following reasons:
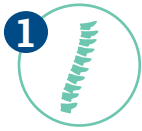
1 Retrains the co-activation of the stabilising muscles in the spine (Transversus Abdominis (TA), Pelvic Floor (PF) and Multifidus (MF) muscles)

Research on patients with spinal pain shows that following back or neck pain, the deep muscles of the spine (TA, MF and PF) which normally support and stabilise the spine are inhibited. These stabilising muscles normally contract in anticipation of movement to protect the spine and pelvis from overload or stress. If this anticipatory function is not reactivated post-injury then the patient is highly likely to suffer from recurrent episodes of pain and, in certain cases, chronic spinal pain. Clinical Pilates restores this anticipatory ability of the deep stabilising muscles.

2 Teaches correct muscle activation patterns

Clinical Pilates focuses on low-load, repetition based exercise which optimises the recruitment of the Type 1 spinal stability muscles. Prolonged, low-intensity contraction is more effective in retraining the stability function of TA and MF. Research also shows that specific Clinical Pilates exercises that train the deep abdominal muscles address motor control deficits providing an improved outcome and return to more skilled activities e.g. sport or heavy lifting.

3 Trains local and global stability systems

Functional spinal stability is dependent on the combination of both local and global muscle systems. Clinical Pilates allows us to progress from basic exercises which recruit local stability muscles separately, to more complicated exercises that involve the larger, more superficial global abdominal muscles. Clinical Pilates is proven to be one of the most effective methods of targeting both these groups of muscles in a rehabilitation program.

4 Progress static stability to dynamic

Spinal stabilisation and strengthening programs, such as Clinical Pilates, allow individuals to progress from static exercises into functional activity and/or sport-specific exercises which are typically more effective in decreasing the likelihood of recurrence.

5 Direction specific

Clinical Pilates assesses a patient's directional preference of movement using specific examination tests. This allows us to predict the outcome of specific Clinical Pilates exercises, which results in immediate improvements in dynamic postural stability and performance.

Summary

We incorporate Clinical Pilates exercises into all our typical spinal treatment programs and protocols to ensure we deliver the best results for your patients

In conjunction with individual one on one sessions, at our clinic we also provide group classes (3-4 participants) which allows for individual attention at a lower price. These are a great option for those patients who require ongoing treatment. Contact us at to find out how we can help your patients with their spinal pain rehabilitation.

Contact us at Benchmark Physiotheraphy to find out how we can resolve your patient's spinal pain.

Contact us to find out more about how we can help your patients reach their potential.

Call **1300 381 207**

References

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