

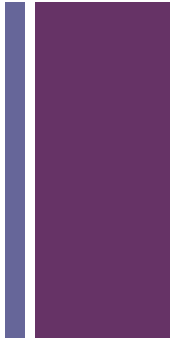


What Can It Offer The EDS Patient?

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Pilates & EDS



- Pilates, along with Yoga, Tai Chi, and other low impact exercises are often recommended to individuals suffering from pain or hypermobility to “strengthen your core”



- This presentation will explore...
 - What is Pilates?
 - Define the “core”
 - Review the principles and benefits of Pilates
 - Discuss simple modifications for traditional Pilates exercises
 - Review what to look for in a Pilates Instructor



Disclaimer



- Get approval from your doctor or physical therapist before starting any Pilates program
- The information presented in this presentation is meant to serve as general recommendations for participation in Pilates and may not be intended for everyone



IT SEEMS LIKE EVERYONE IS
EITHER DOING PILATES, OR
+ INTERESTED IN STARTING A
PILATES EXERCISE
PROGRAM...

+ The History of Pilates

- Invented by Joseph H. Pilates
- Plagued by his own physical limitations and ailments he created his own method of training and fitness
- Original program consisted of a series of mat exercises designed to build abdominal strength and develop control of the body
- Later went on to develop equipment designed to add resistance through the use of springs





+ Matwork Pilates



- Strengthening, mobility, and stretching exercises completed on an exercise mat.
- Promotes core stability, flexibility, endurance, postural and body awareness, and correction of muscle imbalances.





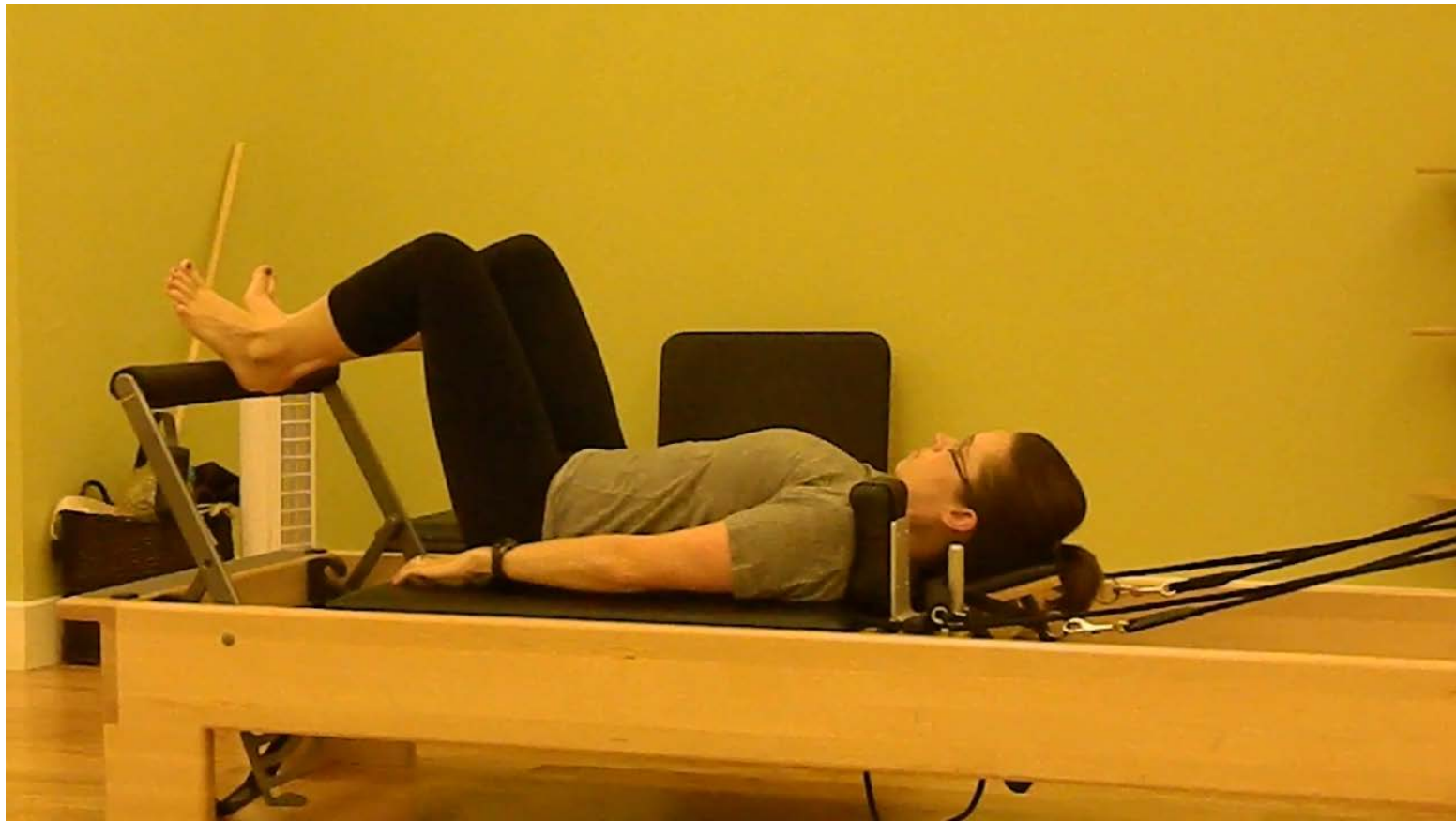
Equipment based Pilates



- Assists with achieving proper alignment and control while providing appropriate resistance for strengthening and endurance
- Allows for weight bearing exercise and gives proprioceptive feedback to enhance stability and muscle control
- The most widely used Pilates machine is the Reformer
- Other machines include the Cadillac table, Wunda Chair, and Barrel



+ Pilates Reformer





A different kind of workout...



- A gentle, non-aerobic exercise method, which lengthens and strengthens the muscles, and improves posture without stressing the joints or the heart.
- It focuses on a mind-body connection that emphasizes a balanced body through core strengthening and awareness.
- The intensity of each exercise is adjusted through the use of arm/leg movements and internal or external resistance

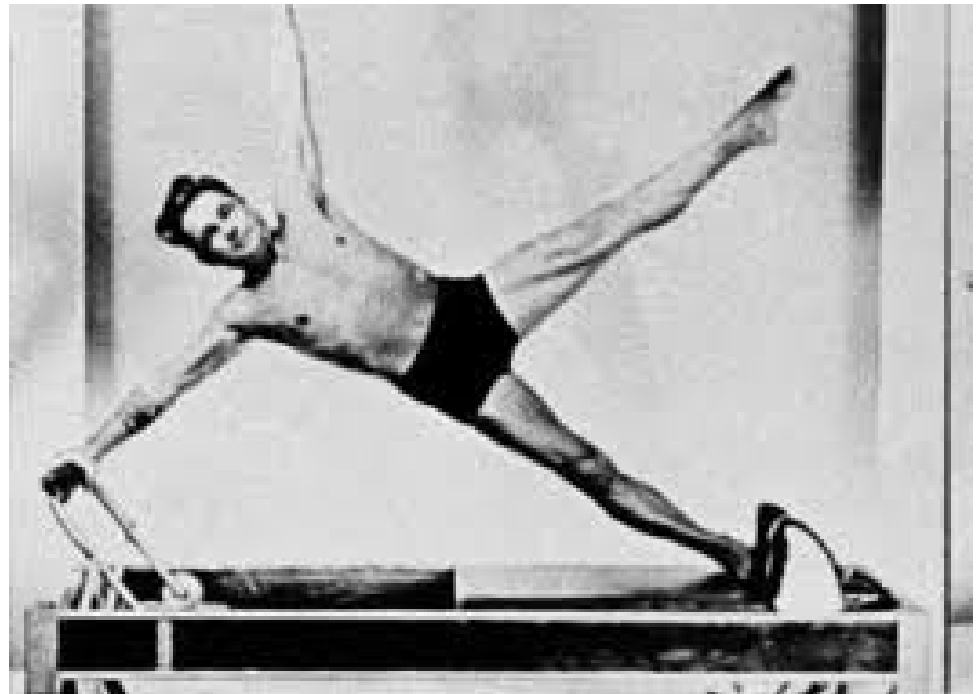




+ Traditional Pilates Exercises

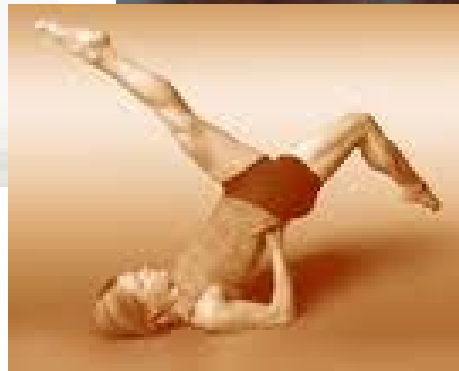
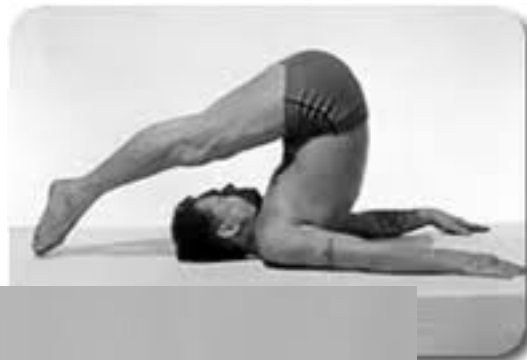


- **Designed for fit and healthy individuals**
- Large focus on outer or global core muscles
- Requires very good muscle flexibility and control of end of range joint movements
- Reliant on good proprioception and body awareness





+ Contraindicated Pilates Exercises

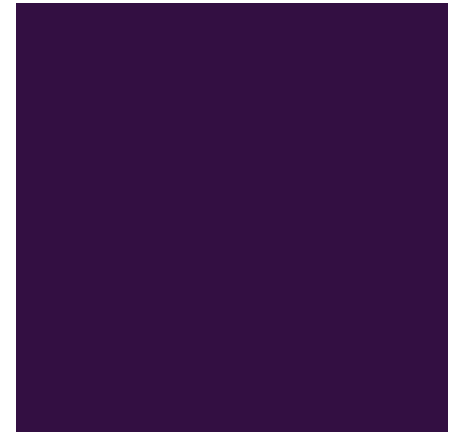
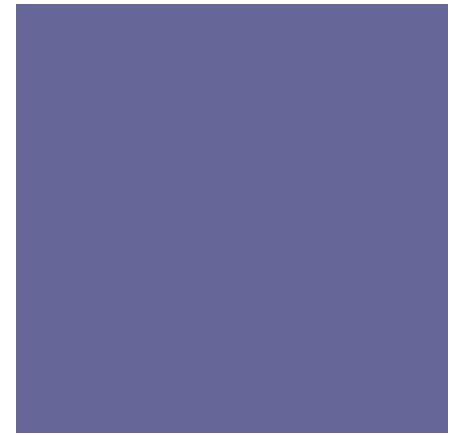
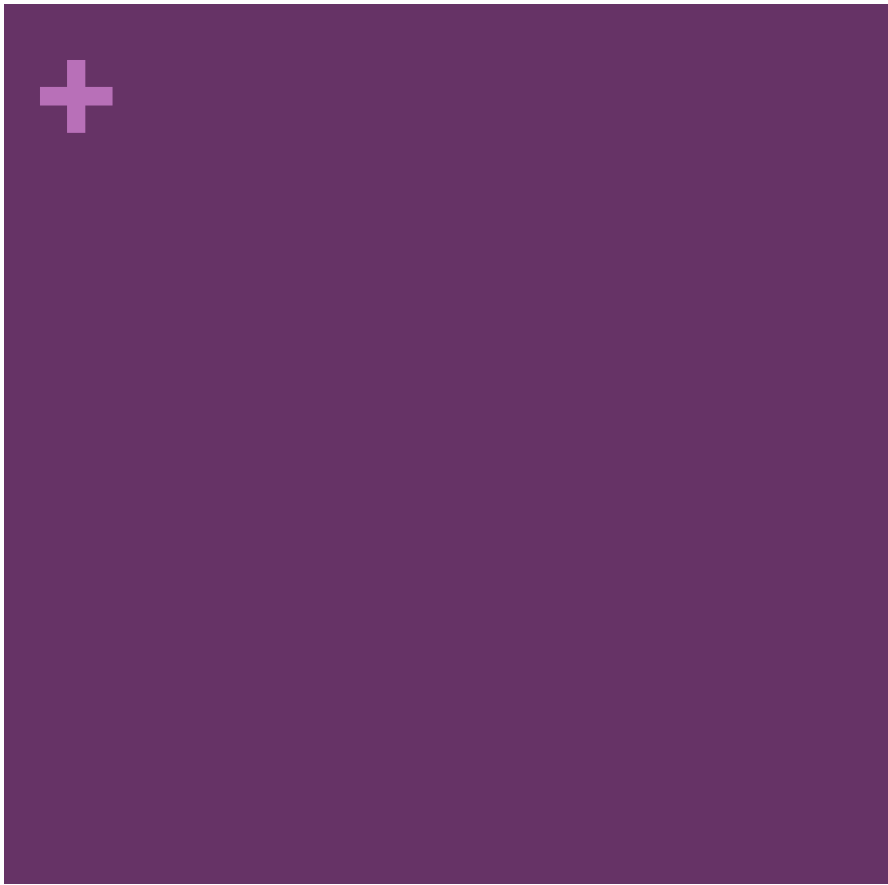




+ Modified Pilates Exercises



- Designed to make Pilates more adaptable for a vast range of abilities and level of fitness
- Modified movements of the original exercises that are safer, achievable, and more in line with the way our bodies are supposed to function



Modification is the key to Pilates success!

All exercises are developed with modifications that can make a workout safe and challenging for a person at any level

+ Modifications



- Modifications should always be made to maintain appropriate alignment and muscle engagement
 - Decrease motion or resistance
 - Perform less repetitions until endurance and control improves
- Avoid end range stretching
 - It may feel good in the moment, but over the long term you need to find a sense of connection, internal support, and structure in your body



Modifications

If you experience neck pain...

Avoid “C” curve or lifting your head with abdominal work



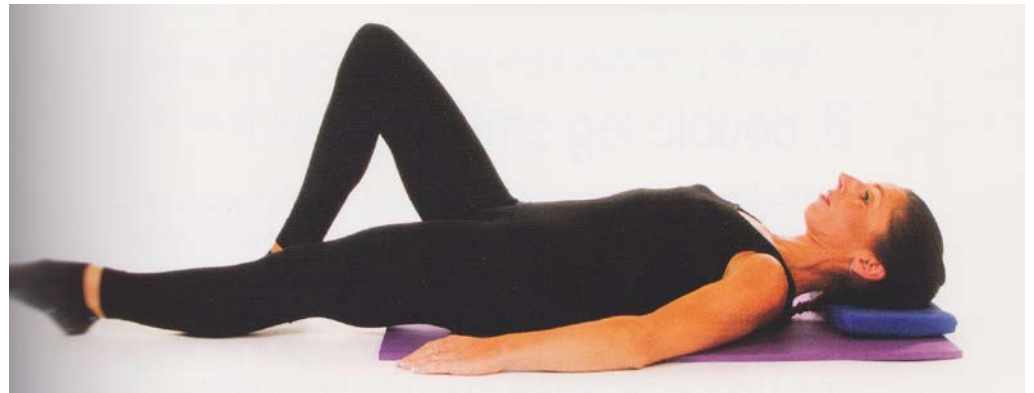
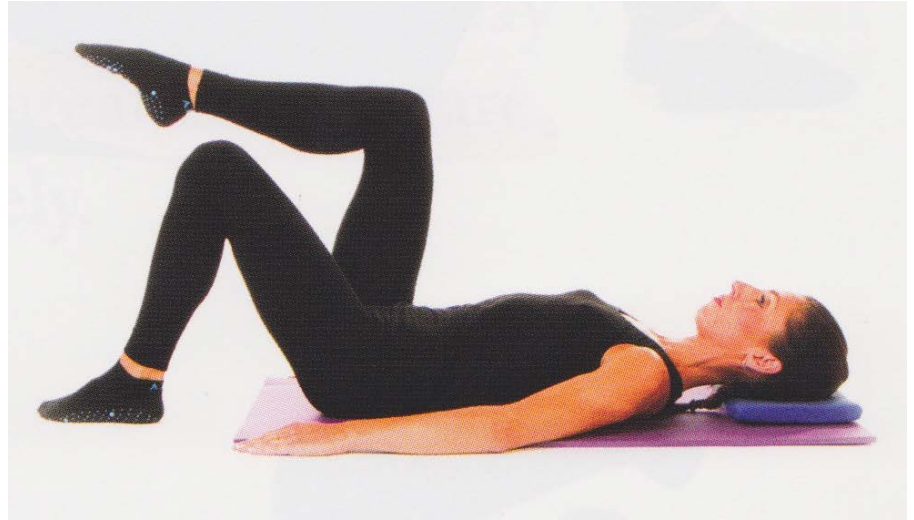


Modifications

Your arms and legs are heavy!

Cross your arms over your chest

Keep legs in tabletop or on the floor and avoid lowering them to close to the ground



+ Modifications

Bend your knees or place a small lift under your hips for hamstring tightness, nerve tension, or back pain



+ Modifications

Place a foam wedge, towel roll, or folded edge of the mat under your wrists

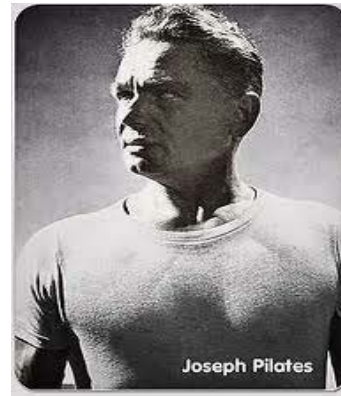
Bear weight through your elbows





“I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They’d be happier.”

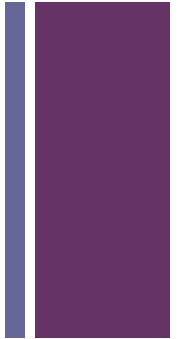
Joseph H. Pilates, Age 86



Many types of people, at many levels of fitness, who have begun doing Pilates say they’ve seen improvements in range of motion, flexibility, circulation, posture, and abdominal strength – as well as decrease in pain.



Benefits of Pilates for EDS



- With regular committed Pilates workouts you can expect to:
 - Increases the efficiency and effectiveness of exercising
 - Develop a strong core
 - Learn **stability** and **controlled** flexibility
 - Create an well balanced body and prevent injuries
 - Develop body awareness to transfer to everyday functional movement
 - Reduce stress, relieve tension, and boost energy
 - Restore postural alignment
- It's gentle and low impact...but also challenging
- It is an extensive exercise repertoire that can be modified to fit the needs of **everyone**

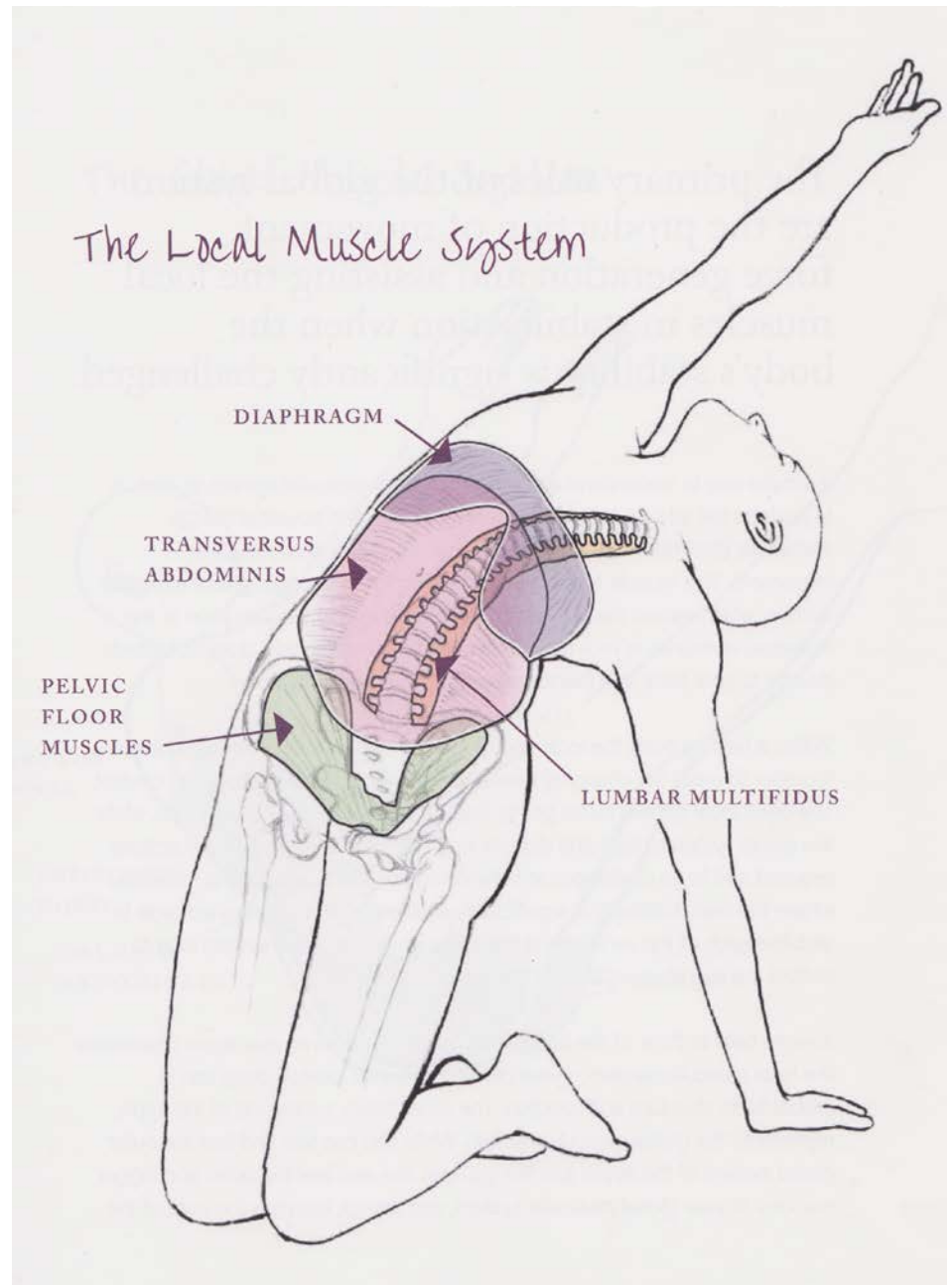


Get to know your body

The local muscles are essential to provide continuous support all day for our movements.

The primary role of these muscles is to provide stability.

These muscles are the “center” or “powerhouse” of your core.

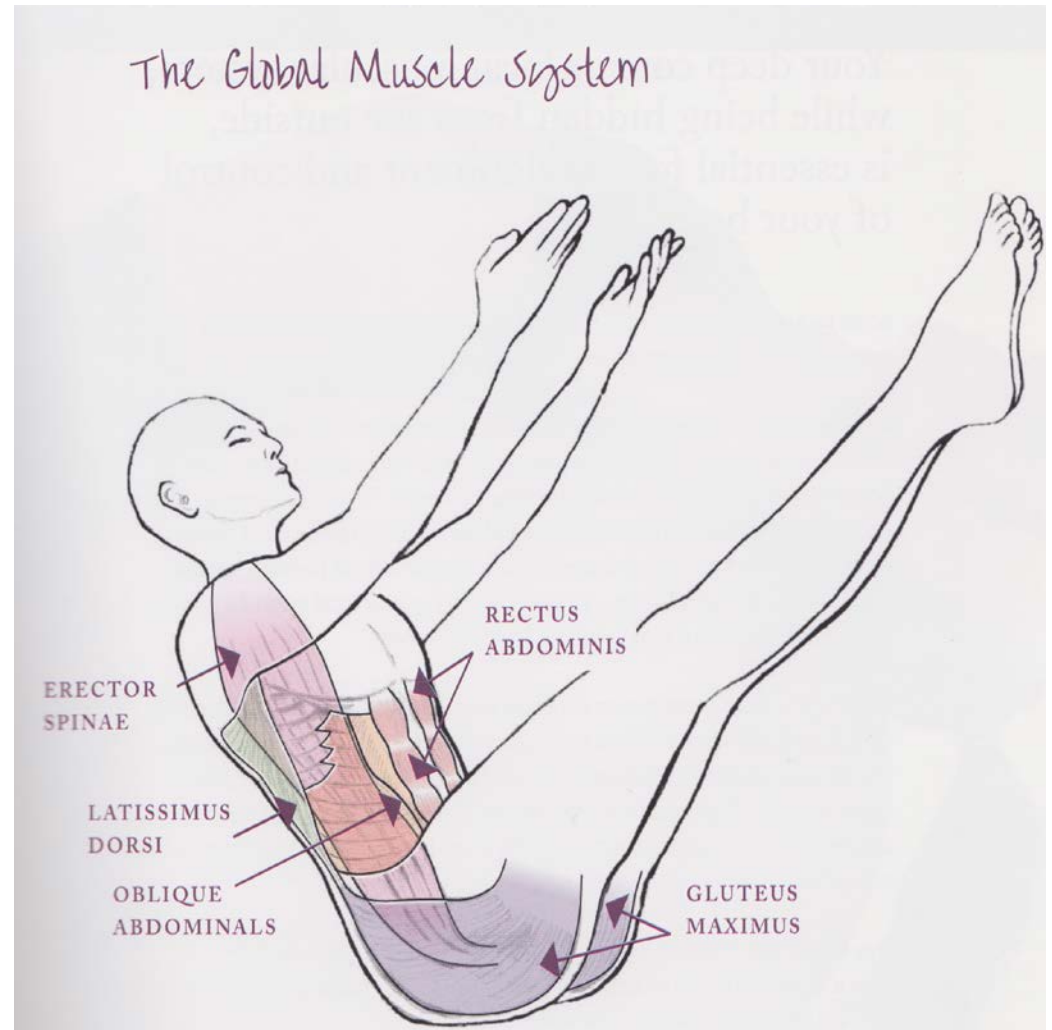





Get to know your body

The global muscles are comprised of the larger, outer layer of muscles.

The major role of these muscles is to produce movement and generate force and power.





+ “As to methods there may be millions and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.”

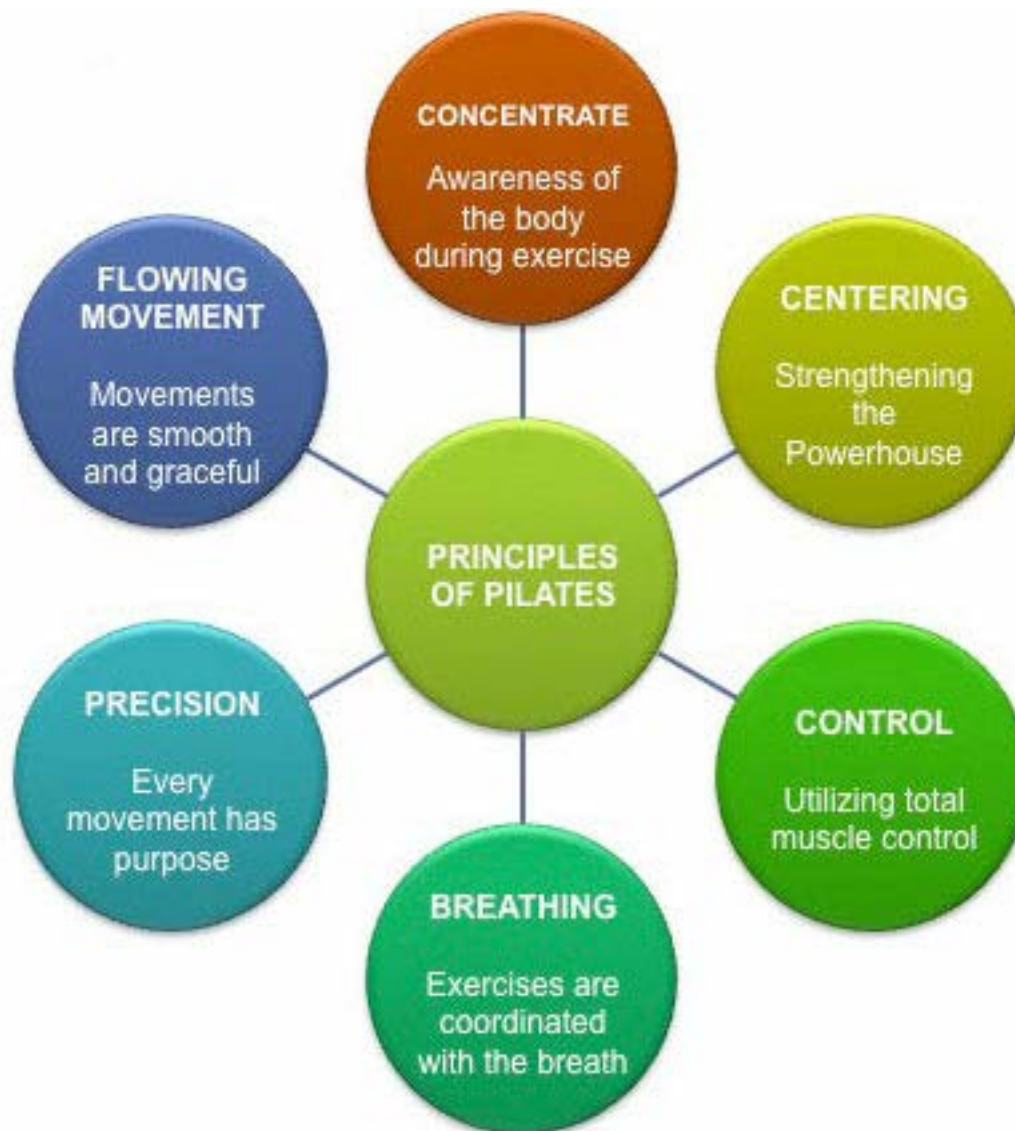
Ralph Waldo Emerson



The 6 Principles of
Pilates



+ Principles of Pilates



+ Beginning Pilates



- Once you have decided to try Pilates, the next question is where?
 - Health and fitness clubs
 - Pilates studios
 - Recreation centers
 - Wellness centers and rehabilitation clinics
 - At home
- If you are new to Pilates, it would be ideal to start with private lessons
 - Be wary of drop-in group classes where the instructor cannot know the backgrounds of all the participants



+ What to look for in an instructor



He or she needs to....

- Understand your hypermobility and monitor and adapt exercises accordingly
- Be well qualified in Pilates
 - Completed a comprehensive training program
 - Balanced Body
 - Polestar
 - Power Pilates
 - PhysicalMind Institute
 - PMA Certified



+ What to look for in an instructor

Questions to ask...

- Does the instructor have other movement-related teaching experience?
 - Physical Therapist
- How long have they been teaching Pilates?
- What is their philosophy and specialty?
 - Are they able to handle special needs, injuries, and rehab?



+ Beginning Pilates Tips...



- If you decide to participate in a Mat class...
 - Make sure your mat is dense enough to protect the vertebrae of your spine
 - A thin yoga mat will not do!
- What to wear
 - Generally form fitting clothing is recommended to allow yourself and the instructor ensure good form and alignment
 - Ultimately though wear clothes that you are comfortable in and allow you to easily move



“Patience and persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavor”

Joseph H. Pilates

- Pilates is not a quick fix!
- If done correctly you should start to feel some benefit after 4 to 6 weeks
- It is worth persevering...
 - There is much anecdotal evidence that regular Pilates practice can dramatically reduce symptoms suffered by many individuals with hypermobility
- Always approach Pilates with care
 - Be aware of your own vulnerabilities
 - Take time to choose an instructor
- And remember...Pilates should never be painful!

+ Where can I find out more information?

- Pilates.about.com
- Balanced Body
 - www.pilates.com
- Polestar Pilates
 - www.polestarpilates.com
- Back to Life with APPI Pilates: A six-week programme to refine, tone and strengthen your body by Elisa and Glenn Withers
- Teaching Pilates for Postural Faults, Illness & Injury: A Practical Guide by Jane Paterson





+ A Personal Experience



- 35 year old female who has been affected by EDS for over 23 years
 - Multiple disc herniations resulting in neck and low back pain and weakness in her upper extremities
 - Chiari Malformation
 - Tethered Cord
 - Dural Ectasia
 - Neurally mediated hypotension
- Has been participating in private Pilates reformer sessions 2-3x/week for 2 ½ months

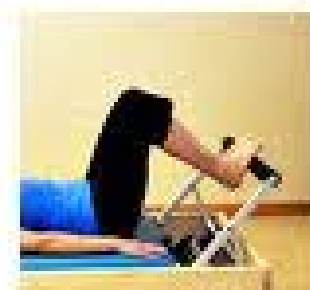
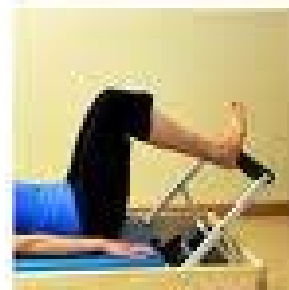
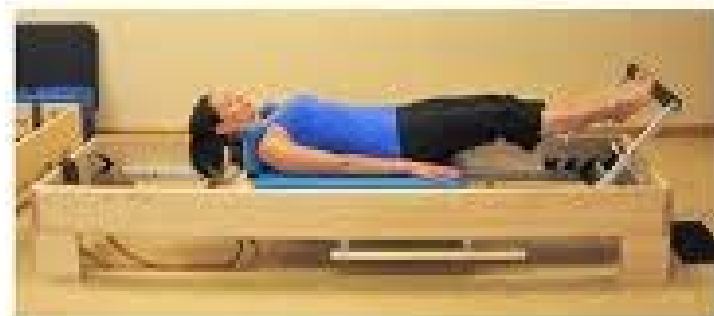
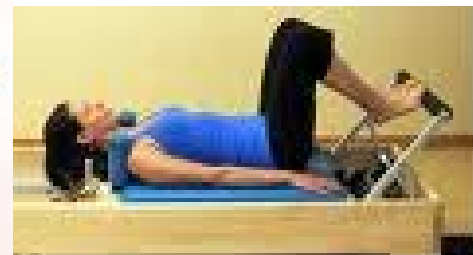
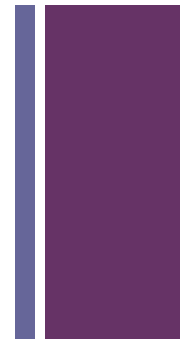


+ A Personal Experience





+ A Personal Experience





A Personal Experience

“For someone with EDS, Pilates appears to be tailor-made. As a workout in which most of the exercises are done lying down, it is helpful for those with orthostatic intolerance (I’ve found on several occasions that if you can make it to the Pilates studio, you can get a good workout). “

+ A Personal Experience

- “In my introduction to Pilates, the correct way to stand and the proper body posture was reinforced, and I learned that, in order to do the exercises, my body must be aligned. Now, when I’m not doing Pilates, I will find myself realigning throughout the day—checking to make sure my shoulders are down, my stomach is in, my head isn’t jutting out, etc. After my many spinal surgeries, these corrections have helped to take pressure off of my lower back.”





+ A Personal Experience



- So, if I had any advice for those with EDS who want to try Pilates it would be this:
 - Do It!
 - But, educate your instructor (and try to involve your physical therapist in your conversations about exercises).
 - And, communicate constantly with your instructor.

Hopefully, you'll love it as much as I do!

Questions??

