



Rehabilitation through Pilates

A Guide to Recovery from Common
Musculo-Skeletal Conditions

Karen Pearce & Sarah Sessa

TESTIMONIALS

“In 2003 I had the choice of spinal surgery with a 50/50 chance of success or to ‘try the Pilates Studio’. I chose the latter. I was nervous of causing more damage and sceptical of achieving any improvement. Karen understood my medical condition, dealt quietly, calmly but firmly with my fears and knew when to push me to gain strength and flexibility. The result—I sleep without pain, walk the hills with no discomfort and carry my grandchildren with ease and confidence. Maintaining and improving my level of fitness has become a necessary but enjoyable way of life!”

“Joining the Pilates Studio in Taunton was the best thing I did to get rid of my back pain. Although I’d gone the usual route of physiotherapy and hydrotherapy I had reached a plateau. At Karen’s Studio she used ongoing assessments to give me gentle, safe and corrective muscle-strengthening exercises. Gradually the pain became less and less and I was doing all the normal Pilates exercises. Today I’m definitely fitter and more flexible than my non-Pilates friends. And if niggles of pain return I know how to get rid of them. Karen and her trained team are really friendly, relaxed and caring of each client’s needs. The sessions are always enjoyable and I look forward to each one.”

“A year of attending Pilates classes has made such a difference to my hip. I was living with constant pain, but over time and with careful guidance, my core strength and flexibility has improved which supported my back and hip and relieved the pain. I didn’t expect such a change as the exercises seem so subtle. The groups are small, allowing for personal attention. I cannot recommend them enough.”

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CONTENTS

<i>FOREWORD</i>	ix
<i>INTRODUCTION</i>	xi
PART ONE: THE BASICS	
Chapter One: The basics	3
PART TWO: THE CONDITIONS	
Chapter Two: Common conditions of the lumbar spine	15
Chapter Three: Common conditions of the neck	27
Chapter Four: Common conditions of the shoulder	37
Chapter Five: Common conditions of the pelvis and hip	51
Chapter Six: Common conditions of the knee and lower leg	67
Chapter Seven: Postural dysfunction	79
PART THREE: THE EXERCISES	
Chapter Eight: Pelvic stability	89
Chapter Nine: The shoulder girdle	107
Chapter Ten: Spinal flexion	131
Chapter Eleven: Hip rehabilitation	145
Chapter Twelve: Spinal extension	159

Chapter Thirteen: Spinal mobilisation	169
Chapter Fourteen: Knee and lower limb	175
Chapter Fifteen: Stretches	187
<i>RESOURCES</i>	197
<i>ACKNOWLEDGEMENTS</i>	199
<i>INDEX</i>	201

FOREWORD

For me, Pilates is not just about exercise. It is a technique, when used carefully and intelligently, can be of great benefit to society. In the present time, people lifestyle is causing more physical problems than at the time when Joseph Pilates was developing and teaching his method of exercise. The toll from bad posture and obesity is making the Pilates teacher's role more challenging and complex.

Rehabilitation Through Pilates: A Guide To Common Conditions is a life line to the majority of Pilates teachers.

Clear and concise, each condition is carefully explained, the relevant exercises clearly photographed.

This is a book for every teacher and student of Pilates and would be very useful as a homework aid for clients.

Foreward by Alan Herdman, a world renowned Pilates expert who in 1960 was invited to train in New York by teachers trained by Joseph Pilates himself. He then returned to London in 1970 to set up the UK's first Pilates studio.

INTRODUCTION

The purpose of this book and disclaimers?

We decided to write this book in order to provide a useful guide to common conditions, all of which can be helped by remedial exercise such as Pilates.

We have been specialising in rehabilitation through Pilates for many years and have gained a reputation for individualising Pilates exercise programmes to suit different issues. We have many thankful clients who attend the studios regularly and are now able to continue with their hobbies and activities without the pain they had previously been suffering.

In this book we have not only set out remedial exercises for the common conditions but also provided a detailed anatomy and pathology breakdown for each. We feel it is necessary for an exercise practitioner to understand the anatomy behind the condition to properly attempt to remedy it.

The principles and fundamentals of Pilates should already be understood before attempting the exercises in this book as it is aimed at the more experienced instructor or client. Although most of the conditions are set out clearly with contraindications and suggested exercises, it is always necessary to get a referral from a professional medical practitioner before undertaking any exercise.

The exercises suggested in this book are relevant to each condition but are not complete Pilates exercise programmes, therefore they should be included in a more general programme to encompass an overall individualised approach to Pilates exercise.

This book is written for Pilates instructors and also clients who are keen to know more about their condition. This is why we only offer brief descriptions of non-Pilates management so that the reader can become a little familiar with other procedures that

might be in place. Information about non-Pilates management in this book is based on clinical practice and the most recent National Institute for Health and Care Excellence (NICE) guidelines as available at the time of writing this book (2020). However, it is important to recognise that this is a Pilates book that does not aim to offer physiotherapists (or similar professionals) a therapeutic treatment textbook. Having said that, therapists may find this book of interest from a Pilates perspective.

Within the text we often words about following the advice and guidance of the physiotherapists, but we are aware that clients may have seen alternative disciplines such as an osteopath or sports therapist so in that case we advise you to follow the guidance of those professionals.

A Guide to Recovery from Common Musculo-Skeletal Conditions

Written by two respected Pilates instructors, with years of experience in the subject, *Rehabilitation Through Pilates* is an essential guide to common musculo-skeletal conditions. This essential book not only suggests remedial exercises for each of the common conditions but also provides a detailed anatomy and pathology breakdown for each.

The first part of this essential book outlines the basic principles of Pilates. Next it explores the conditions found in the lumbar, spine, neck, shoulder, pelvis and hip, knee and lower leg, and postural dysfunction. Remedial exercises are detailed for each of these in the third part.

The authors' first book, *Pilates and Parkinson's*, was published by Aeon Books in 2020.

"*Rehabilitation Through Pilates* is a life line to the majority of Pilates teachers. Clear and concise, each condition is carefully explained, the relevant exercises clearly photographed. This is a book for every teacher and student of Pilates and would be very useful as a homework aid for clients."

Alan Herdman

World renowned Pilates expert and founder of the UK's first Pilates studio

Sarah Sessa qualified as a physiotherapist from University College London (UCL) in 1995 and then as a Pilates Instructor in 2009. She began lecturing for the Pilates studio Teacher Training Programme in 2012. She has completed a Masters in Inter-Professional Development at the University of West of England (UWE) where much of the focus was on neuroscience and the use of Pilates in neurological conditions, particularly Parkinson's. Sarah is now a senior neuro-rehabilitation lecturer at UWE on the Physiotherapy degree course.

Karen Pearce is a former Ballet dancer, who trained with Alan Herdman in 1999 and has been running the ever-expanding, equipment-based Pilates Studio in Taunton for over 20 years. She has since been developing a teacher training programme affiliated with Alan Herdman.

In 2015 Karen and Sarah joined forces to found The Physiotherapy & Pilates Rehabilitation Centre in Clevedon (PPRC) and most recently another studio in Clifton, Bristol. This is now the centre for the PPRC teacher training school in affiliation with Alan Herdman. Karen is the master trainer and Sarah the lead lecturer in anatomy, pathologies and conditions.

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