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# Learning Objectives

MedBridge

*Pilates: History, General Principles and Precautions*

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## **Chapter 1: Introduction to Pilates**

- Become familiar with Pilates, its founders Joseph and Clara Pilates, and their history

## **Chapter 2: Pilates Disseminators and the Pilates Method Alliance**

- Understand the benefits of the Pilates Apparatus and how each piece provides a unique opportunity for rehabilitation of spinal mobility or stability, rotator cuff injuries, assistance with hip mobilization, balance, core control and strengthening

## **Chapter 3: Pilates Disseminators and the Pilates Method Alliance**

- Learn the differences between yoga and Pilates, highlighting the identification and correction of faulty movement strategies, costal vs. diaphragmatic breathing, and reducing dependence on healthcare
- Learn what is missing from Pilates and how a classical Pilates practice may be detrimental to many spinal conditions
- Find out about some important randomized controlled trials, and systematic reviews regarding Pilates and Low Back Pain