Joseph H. Pilates
1880 -1967
Contrology
1920 – present

Joseph Pilates’ Principles
- Control
- Centering
- Concentration
- Flow
- Precision
- Breath
- Relaxation
- Stamina

Pilates and Patellofemoral Pain (PFP)
- Several published case studies show the relationship between weakness of the proximal musculature of the hip and PFP.\(^7\)
- Favorable results have been demonstrated with the use of Pilates to target the hip, pelvis and trunk musculature. \(^7\)
- Specific weaknesses addressed include the gluteus medius, the upper fibers of the gluteus maximus, and the ipsalateral lateral rotators of the hip. \(^7\)

Specific PFP Pilates Exercises
Stage II and Pilates “V”
Standing Footwork
Standing Footwork with the Pilates Ring
Footwork with Added Resistance
Side lying Abduction
Side Split with Twist
Arabesque
Front and Side Lunge
Pelvic Raise and Lunge on the Box
PFP

- With the Pilates exercises, the participants are continually reminded to monitor their performance of each motion. This may indicate that the observed improvements in LE kinematics could be a combination of strength and improved motor control.

The Triangles of the Pelvis
- Anterior Triangle
  - ASIS and Pubic Ramus
- Posterior Triangle
  - PSIS and Coccyx
- Bike Seat
  - Ischial Tuberosities and Pubic Ramus

Pilates and Shoulder Pain
- Based on clinical experience, I agree that athletes with shoulder pain develop their condition as a result of movement impairments of the scapula.
- These impairments disrupt the relationship between the humerus and the glenoid.
- Favorable results have been demonstrated with the use of Pilates to target the scapular force couple.

Scapulohumeral Rhythm
- A ratio of 2 degrees of glenohumeral motion for 1 degree of scapulothoracic motion results in 120 degrees of glenohumeral joint motion and 60 degrees of scapular motion.

Pilates and Shoulder Pain
- Specific muscles addressed include the thoracoscapular muscles and the thoracohumeral muscles.
- Less emphasis is placed on strengthening on specific muscles and more is placed on creating muscle balance through posture and more normal movement patterns.

Thoracoscapular Group
- Levator Scapulae
- Rhomboids
• Serratus Anterior
• Pectoralis Minor

**Scapular Force Couple**
Upper Trapezius
Lower Trapezius
Serratus Anterior

**Thoracohumeral Group**
• Pectoralis Major
• Latissimus Dorsi

Front Raise with Ring
Long Back Stretch
Roll Up on the Spine Corrector
Mermaid
Single Leg Kick and
Side Lying Leg Circles
Side Plank
Down Stretch
Short Upper Trapezius Shrugs

**Flexibility**

**References**