

Pilates exercise

Posted by helen - 08 Nov 2005 12:09

Hi everyone, can anyone tell me if it is safe to continue doing mat based Body Control Pilates. I can only do basic exercises (at home) when my pain levels allow. My neurologist and gastric specialist both assure me I should continue to exercise with gentle stretching etc. I have monitored when I do pilates to see if it corresponds with a flare up - which it doesn't. I would really appreciate some input as I have strived for years to strengthen my low back, where my problem originated from after being treated with steroids for an L4/5 prolapsed disc. I do worry though, that stretching opposite arms and legs has caused further internal scarring and the progressive spondylosis up my thoracic and cervical spine? 😊

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Re:Pilates exercise

Posted by Kim - 08 Nov 2005 19:14

Hi Helen

Pilates was recommended to me by my physiotherapist but only the first few exercises. I don't think anyone should embark on these exercises unless they had been individually assessed. We are all different. This might be the first topic the Doc picks up on and if she doesn't I will push a few buttons. It's a question I use to get quite often on 'Can I make my condition worse by exercising?' Well I am not medically qualified but HEY the DOC is!

I do remember that properly qualified Pilates practioners were horried at 'classes' containing a few people as they were taught to use the individual route only.I do remember Dr Burton having reservations about univeral exercises for everyone and did not endorse them. (going back to 1995)

I will do a search tomorrow and see if we could do with an update on current thinking.

Bye for now

Kim

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