

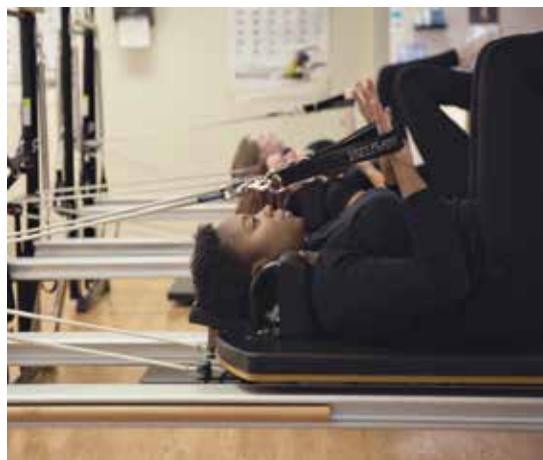
HOUR PROFESSIONALS

Pilates for Pain Management



ARE YOU IN PAIN? Over 80% of Americans experience some type of back pain during their lifetime. For some, this pain can be a mere annoyance. For others, pain can be debilitating, affecting all aspects of life. While painkillers and cortisone shots can provide short-term relief, pilates exercise is proven to help patients reduce pain over the long term.

Ron Jegadeesh, physical therapist and owner of Pilates Fitness and Physical Therapy Center, says, "Patients with pain as a result of intervertebral disc degeneration or excessive mobility in the discs and joints will particularly benefit from a Pilates rehabilitation program." In addition to strengthening core-stabilizing muscles, patients benefit from addressing muscle imbalances and postural asymmetries, thus decreasing wear and tear on the joints.



Jegadeesh says, "Starting with the first visit, I evaluate postural alignment and teach proper breathing techniques. Then the patient progresses to gentle exercises to encourage pelvic and spine stabilization. Most patients notice a difference after the first few sessions."

Fibromyalgia patients have also seen results from a customized Pilates program. Fibromyalgia syndrome (FMS) is defined as a chronic pain illness that includes widespread musculoskeletal aches, pain and stiffness, soft tissue tenderness, and general fatigue and sleep issues. While the cause of FMS is unknown, it affects 2-8% of the population. Gentle exercise is often prescribed. Pilates works for FSM patients because it is low-impact and focuses on breathing, which helps many patients manage their pain levels. Additionally, Pilates can be specifically tailored to meet the needs of a patient with movement restrictions and varying pain levels. A Pilates Fitness and Physical Therapy Center instructor will design a program to strengthen the deep core muscles to optimize pelvic and shoulder stabilization along with gentle stretching to lengthen tight muscles.

At Pilates Fitness and Physical Therapy Center, Jegadeesh and his team focus on the whole body to treat chronic pain. The Pilates principles of breathing, body awareness, and neutral spine alignment, and the strengthening of the deep postural muscles allow for optimal treatment. Pilates improves strength, flexibility, and suppleness of the muscles of the hip and shoulder girdle. Fluid and

supported movement through these joints helps prevent unnecessary torque on the vertebral column.

A Pilates-based program also teaches awareness of movement habits that may stress the spine, and helps the patient change these habits to those that preserve neutral alignment. Awareness of excessive tension and the use of proper focus help the patient use the body efficiently.

Pilates Fitness and Physical Therapy Center offers Pilates-based physical therapy and massage therapy services. We accept auto, workers' compensation, and other insurance plans with a physician's prescription. Individual and group Pilates and GYROTONIC® classes are available for clients who want to achieve a pain-free lifestyle, optimal health, and physical well-being throughout their lives.

Pilates Fitness & Physical Therapy Center

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