



Pilates Post-Rehab
Presented by Nicole Rogos
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Sunday, June 1, 2008 12:00 PM–1:30 PM

Objective:

Understanding different post-rehab exercises for different clients using the reformer or mat.

Neutral Postural Alignment:

The definition of neutral alignment is that you are placing the body in the best possible posture for that person's body at that time. Neutral spinal alignment is when the natural curves of the spine exist. By working in neutral alignment you are promoting pain-free posture in your client's body.

- **Hip Replacements**

DO NOT:

- Cross the leg over the mid line of the body (i.e. cross the legs)
- Allow the leg to pass 90 degrees at the hip (sitting with legs bent in front)
- Allow internal rotation

DO

- Allow hip abduction
- Allow hip extension
- Allow hip flexion (< 90)
- Implement abdominal strengthening
- Implement glute strengthening
- Implement quad strengthening

- **Rotator Cuff**

DO NOT

- Lift arms directly to side at 90 degrees

DO

- Lift arms 30 degrees slightly in front of shoulder
- Concentric and eccentric exercises

Pilates Exercises

Footwork with bar slightly lowered (HIP)
Arms circles using a decreased angle (RC)
100s on mat keeping legs flat on floor (HIP)
Pelvic tucks (HIP)
Plank on floor or reformer (RC)
Chest expansion (RC) on box
Prone with arms by sides (RC)
Prone with leg extension (HIP)
Rotation exercises on reformer (RC)

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