

Although, Pilates has been around for almost 100 years, scientific trials measuring the outcome of pilates exercises are still in their infancy. Read on to see what recent systematic reviews of current research have to say about pilates...

Evidence backs pilates practice to improve:

- Balance (static and dynamic)
- Flexibility
- Muscular endurance
- Reduce lower back pain

Studies have found positive results with these populations:

- Those 65 years and above
- Those with chronic lower back pain
- Healthy adults

More study is needed for women with:

- Pregnancy
- Breast cancer
- Obesity

Atim, Trupti and Charlie are happy to help you determine if pilates is suitable for your individual needs.

References

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