

Treatments

-Pilates

Pilates is a method of exercise developed in the early 20th century to strengthen muscles, increase flexibility, and improve overall health. Pilates focuses on engaging the mind with the body to perform exercises involving the whole body. The exercises are low impact, and can be performed by people at any level of physical fitness and/or age.

Benefits/Goals of Pilates exercises include:

- Increased core strength, flexibility, and power
- Improved balance
- Enhanced stability and mobility of spine and peripheral joints
- Restoration of postural alignment
- Development of long, lean, and toned muscles
- Creation of efficient movement patterns which helps to decrease risk of injury

Jodi Flanagan, MPT, has been trained in both mat and Reformer (a piece of equipment that can either aid or resist Pilates movements) Pilates. She taught Pilates mat exercises for 2 years in a class format, and has been incorporating Pilates principles and use of the Reformer in her practice over the past 3 years.