A Beginners Guide to Pilates

“With body, mind and spirit functioning perfectly as a coordinated whole, what else could reasonably be expected other than an active, alert, disciplined person?”

- Joseph H. Pilates

Amy Bowman, OPTP Staff Writer - May 3, 2019

How to Choose a Foam Roller: 3 Features to Consider

So you’re going to get a foam roller? Seems like an easy enough decision to make. I mean, it’s a simple piece of foam, it can’t be that hard to figure out. But then you start looking at all the options out there, seeing the many different varieties. Pretty soon, it can become overwhelming.

Trying to decide which foam roller is best for you isn’t as easy as you might think, but it’s important. Choosing the right roller will help ensure...
Pilates Method Alliance Conference: Definitely Epic

The 17th Annual Meeting of the Pilates Method Alliance, held October 25-28, lived up to its claim of being “One Epic Pilates Conference.” From the amazing Indian Wells, California venue to a packed agenda, we take a look back at some of the event’s highlights.

A Fusion of Sport and Pilates

Josh Crane, OPTP Staff Writer - November 6, 2017

The 3 Most Common Running Injuries & How to Treat Them

Whether you run to reduce stress, beat the clock, or attain a leaner figure, it’s a lifestyle that’s hard to give up…even in the face of injury.

Over one-third of runners sustain at least one soft tissue injury over the course of a year. The following three types of injuries are some of the most common, and ones that you’ll likely experience at some point if you haven’t already. But don’t fear, we’ve identified therapy products for each.

Josh Crane, OPTP Staff Writer - July 31, 2017

Tools to Improve the Practice: ActivMotion Bar®

The Bar and its Activating Functional Mobility book provide a host of effective exercises for physical therapy patients.

When I first picked up an ActivMotion Bar®, I was instantly intrigued. So many ideas came into my head, I spent a few hours testing it out and I was instantly hooked. I brought it to work the next day and started integrating the Bar into the exercise programs of many of my patients – those

Nicole R. Bushong, PT, DPT, RYT-200 - June 1, 2017
3 Amazing Pilates Props You Need to Try

When Joseph Pilates first administered his exercise regimen in early 1900s Germany, it was practiced mainly by soldiers returning from war. Much has changed since those beginning days, but the method continues to be admired by many all over the world. More and more people today are discovering the benefits of Pilates, an exercise discipline that inspires focused, controlled movements.

Josh Crane, OPTP Staff Writer - May 31, 2017

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3 Foam Roller Exercises You Need to Try

Sure, the word on the street is out that foam rollers are great for self-massage, myofascial release, reducing muscle soreness, and increasing flexibility. But how many times have you thought about using a foam roller during exercise, as opposed to preparation for it or recovery from it afterward?

Josh Crane, OPTP Staff Writer - May 31, 2017
Who is Pilates for? Pilates has something to offer people of all ages and levels of ability and fitness, from beginners to elite athletes. The apparatus can be used to provide support for beginners and people with certain medical conditions, as well as resistance for people looking to challenge their body. If you have any health concerns, such as a health condition or an injury, seek advice from a GP or a health professional before starting any exercise programme. Pilates is a beginner-friendly fitness method. Use this as a guide to exercise principles to help get the most from your Pilates workout program. Will you begin with a private lesson, a group class, or go it alone? I always recommend taking a class or some individual sessions first; but if you can’t do that, there are many instructional DVDs and books to choose from, as well as a great library of articles and exercise instructions here at Verywell.com’s Pilates section. Suggested Reading: Top Ways to Learn Pilates. Preparing for Your First Class. How to Find Pilates Classes. Pilates Beginner 30 Day Program. Pilates Exercise Fundamentals. Now that you have some background information, it’s time to think about moving on to beginner. In this beginner’s guide to Pilates I’ll explain what it is, who it’s suitable for, what the benefits are, what you need to get started and how to master some easy exercises. Trying to decide between that and yoga? Head to our Pilates vs yoga explainer to learn the differences. Every beginner needs a mat – and we’ve found the best yoga mats for yoga and Pilates. Wake up gently every morning with our best wake-up lights. Try using one of the best standing desks instead of feeling desk-bound all day. Start your Pilates journey with our easy beginner exercises. (Image credit: Karolina Grabow)

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