

# Pilates for MS and Neurological Disorders



## The Evolution of Functional Therapy...

**Pilates is a wonderful tool for individuals of any age for the purpose of neurological rehabilitation. Referred to as Neuro-Pilates, this specialized program can be used to help with neurological disorders at any stage of the injury / disease process. Exercises are tailored to meet the needs of each individual providing a safe and functional workout with the benefits of effective rehabilitation.**

The experienced staff of Pilates by the Bay have completed the advanced training program "Pilates for MS & other Neurological Conditions" earning the certification of "Specialists in Pilates-Based Exercise for Multiple Sclerosis." Our specialized programs focus on helping clients with MS, Traumatic Brain Injury, Ataxia, stroke and other neurological disorders overcome its most common symptoms, including balance difficulties, weakness, muscle spasticity, gait abnormalities, as well as the principles and applications of neuromuscular rehabilitation and neuroplasticity. **Call for more info or to schedule an evaluation for a custom program.**

### Benefits of Neuro-Pilates reported by some of our clients include:

- Improved arm and leg control
- Reduction in joint pain
- Reduction in muscle tightness and tension
- Improved balance in sitting for longer period
- Improved walking and balance in standing
- Improved functional skills
- Reduced muscle spasticity
- Improved mood & positive outlook
- Increased motivation & confidence
- Less stressed & improved sleep

### How can Pilates help people with neurological conditions?

Neuro-Pilates is an exercise and rehabilitation approach that can provide positive relief to individuals who are suffering with conditions that affect their neurological system.

Pilates includes core exercises for stabilization, balance, back and spine strengthening that improves posture, and dynamic flexibility that relieves muscle spasticity. It can also help to loosen up stiff joints and muscles and provide relaxation. Pilates is frequently used in physical therapy sessions to address problem areas and help improve people's abilities to carry out a normal life.

Specific exercise programs are designed on an individualized basis to improve walking ability and stamina; the ability to use arms while sitting and standing; and providing improvements in ease of movement. All these factors help improve people's daily lives and routines.