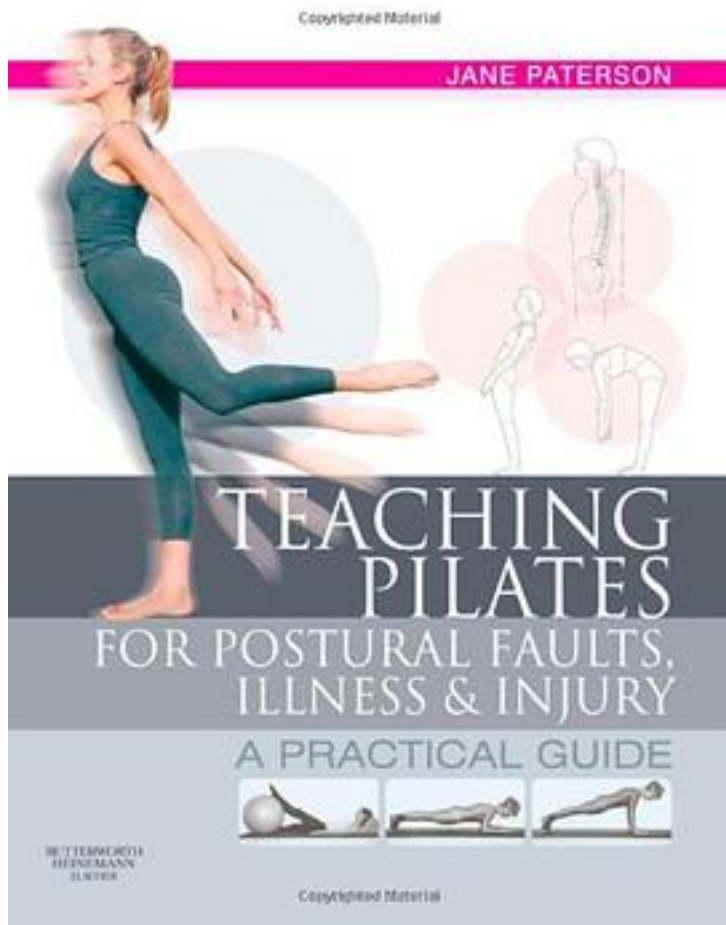


# Teaching pilates for postural faults, illness and injury



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Pilates is a particularly safe and effective exercise system which aims to strengthen the body in a balanced way by specifically improving the function of the weaker muscle groups. Emphasis is placed on strengthening the muscles of the trunk so that support of the spine increases plus posture and shape improve. The exercises enhance overall flexibility and fitness, improving co-ordination and balance. Muscles are gently stretched and lengthened as the exercises progress and overall body strength improves.

describes the underlying principles of the exercises in physical terms describes the treatment of common medical conditions provides a manual for those in the remedial health care professions

作者介绍:

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