

BENEFITS OF PILATES FOR NEUROLOGICAL DISORDERS

by Susan at Victoria Pilates

Neurological disorders affect the central nervous system (i.e. brain, spine, nerves, neuromuscular system, & muscles). Some of the most common neurological disorders are Multiple Sclerosis (MS), Parkinson's Disease, Alzheimer's, and Lupus. However, neurological disorders can also arise from brain damage, severe injury or trauma, autoimmune disorders, cancers, viral, bacterial or parasitic infections and more.

Though each person with a neurological disorder may experience different symptoms or severity levels, Pilates can help improve a wide range of these symptoms. Alongside prescribed medication, Pilates is a great form of exercise to help combat some of the symptoms and side effects of neurological disorders. Though scientific research is limited, many studies are now showing that Pilates has a positive effect on those with MS and Parkinson's. The MS Society is currently funding more studies and recommending more people diagnosed with MS to start a Pilates practice.

Working with a qualified Pilates instructor to create a program specific to your needs can help improve coordination, balance, range of motion and core strength, while also helping alleviate pain and discomfort. Their studies have helped them create programming to overcome the most common symptoms of neurological disorders including balance difficulties, weakness, muscle spasticity, gait abnormalities, as well as the principles and applications of neuromuscular rehabilitation and neuroplasticity.

It can be hard for some people living with neurological disorders to participate in regular physical activities. Due to the uniqueness of Pilates and specialized equipment, programs and exercises are tailored to the exact needs of the participant. It is also important to remember that a sedentary lifestyle can further complicate the progression of many disorders, so maintaining movement is an important part of a complete health and wellness regime.

Our Pilates staff has Specialized Certifications in Neurological Disorders, Brain Injury, Stroke as well as Athletic Conditioning.