

Pilates



Pilates and Corrective Exercise Case Study

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Course: Pilates 2019

Venue: University Of Limerick

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Photos of Static Posture









Health Screening

Screening Form

- Name:
- Address: 18 O Connors Park, Macroom, Co Cork.
- Date Of Birth:13/05/1989
- Phone Number:0831501783
- Email Address:0831501783

Doctors Name: Dr Harte
Contact Number: (026)41281

Emergency Contact Name: Mark O Riordan
Phone Number: 0861640399

Please answer the following questions honestly

- | | |
|--|-------|
| 1. Do you have any heart problems? | No |
| 2. Is there any history of heart disease/stroke in your family? | No |
| 3. Do you suffer from high blood pressure? | No |
| 4. Are you on any type of medication? | No |
| 5. Do you have any type of muscle, joint or back problems? | No |
| 6. Have you experienced any pains in your chest when exercising? | No |
| 7. Are you pregnant or have been in the last 4months? | No |
| 8. Have you had any surgery in the last four months? | No |
| 9. Do you have any conditions that may limit your exercise? | No |
| 10. Have you been advised by a doctor not to exercise? | No |
| 11. Do you have asthma, diabetes, epilepsy? | No |
| 12. Do you smoke?
If yes so how many daily? | No |
| 13. How often would you drink alcohol? | Never |

The information contained in this form is completely confidential and is only used to pre-
scribe a safe and effective Pilates training programme specifically for your needs

It is your responsibility to inform me accurately and of any changes to your circumstances

Signed:

Date: 7TH March 2019

Lifestyle and Exercise Questionnaire

- 1) Do you consider your diet to be: **Good/** Adequate/Appropriate/ Poor?
- 2) How do you rate your stress level? High/ **Moderate/** Low
- 3) Are you leading a sedentary lifestyle? Yes/**No**
- 4) Do you smoke? Yes/ **No**

How many per day?

- 5) How long since you have participated in regular exercise?
(maintaining an elevated heart rate for at least 30mins three times/week)

> 12 months <12 months > 6 months <6 months >3 months < 3 months **Currently exercising**

- 6) If currently exercising, please elaborate on what you do?

I love Tai Chi and go to class twice a week I also go to the gym usually 3 times a week I would do a long run on the treadmill and some weights sometimes I go to step aerobics too.

- 7) Have you ever taken a Pilates class before? Never

- 8) What do you hope to achieve from taking part in a Pilates programme?

I really enjoy so and controlled types of exercise I'm hoping to get a stronger core from doing Pilates and stronger in general I think my upper body is a bit weak and doing this will help me with my Tai Chi practice.

- 9) What are your hobbies? I enjoy walking out in nature, Tai Chi and meditation.

- 10) What's your occupation? I work as a part time gym receptionist and part time acupuncturist.

Analysis of Client

My client is young and healthy attends the gym 3 times a week, jogs on the treadmill does weights, step aerobics and attends Tai Chi classes 2 nights a week. She has no medical conditions or injuries to say she cannot take part in a Pilates programme. My client also works as a part time receptionist Pilates will be very beneficial to her to help realign her from her days working at a desk, my client enjoys slow and controlled type of exercise she has mentioned she would like to a stronger core and be able to hold herself better in her Tai Chi practice. I will meet my client every Thursday morning to complete the programme.

Static Posture Analysis

Anterior View	Posterior View
Ear Height/Head Tilt/ Rotaion Right ear seems higher then left a slight tilt to the left with head.	Ear Height/Head Tilt/ Rotaion Same as anterior view.
Clavicles Look level.	Scapula Scapula left is higher than right.
Shoulders Right shoulder is dropped lower than the left indicating there may be a weak rotator cuff suprapinatus, infraspinatus, teres major and minor, subscapularus these would need to be strengthened.	Spine: Alignment seems normal. Shoulders Very evident from posterior view the right shoulder is much lower then the left.
Arm Gap Slightly bigger gap between body and left arm compared to the right.	Arm Gap Same from posterior view.
Illiic Crest: Right side was a tiny bit lower to left	Illiic Crest Same as anterior
Knuckles and Finger Tips Knuckles are slightly forward, and right finger tips are slightly lower than her left this indicates she could have slightly rounded shoulders the Rhomboids, lower trapezius and middle trapezius need to be strengthened the Latissimus Dorsi Teres Major, Pectoral Major and Minor will need stretching. Finger tips lower on the right side shows the weak rotaor cuff too.	Knuckles and Fingers Cannot see from posterior view.
Knees & Feet: Knees seem ok right foot is slightly turned out to the right compared to left foot is facing forward.	Knees and Feet Same as anterior view.
Ankles Right ankle falls in slightly	Ankles Right falls in slightly

Test / Results	Detail of Result	Action Needed
Push Up Test	Slight arch in back- weak core muscles pelvic floor, Tva, rectus abdominus, erector spine	Lengthen pelvic floor, rectus abdominus, multifidus, trva, erector spinae, lower traps, obliques quadratus lumborum
Overhead Squat	Arms falling forward. Short and tight lats, teres major, pectoralis major & minor Long and weak middle and lower traps, rhomboids and rotator cuff	Lengthen lats, teres major, pectoralis major & minor Strengthen weak middle and lower traps, rhomboids and rotator cuff
Hand behind back	Short and tight Infraspinatus and teres minor on the right and long and weak on the left	Lengthen infraspinatus and teres minor on right side and strengthen on the left side.
Lumbar Side Flexion	Short and tight obliques, quadratus lumborum and erector spinae on the right side and long and weak on the left	Lengthen obliques, quadratus lumborum and erector spinae on the right Strengthen the left obliques, quadratus lumborum and erector spinae.

Pilates Programme

Exercises and Muscles worked	Rationale
<p><u>Ab Prep</u> Stabilising Muscles: Pelvic Floor & TVA Primary Muscles: Obliques</p>	<p>To create a stronger base unit help my client strengthen core and hold herself better. Creating better posture.</p>
<p><u>Hundred Prep</u> Stabilising Muscles: Pelvic Floor, TVA, Hip Flexors, serratus anterior, lower traps, rotator cuff. Primary Muscles: Obliques and Hip Flexors</p>	<p>Helping her to engage pelvic floor and TVA Obliques and hip flexors will strengthen and help her right side as muscles are weak on this side.</p>
<p><u>½ Roll Back</u> Stabilising Muscles: Pelvic Floor, TVA, Obliques, serratus anterior, lower trapezius, rotator cuff. Primary Muscles: Obliques and Hip Flexors</p>	<p>A great to strengthen obliques and hip flexors also great for my client as she sits and stands a lot for work to stretch out lumbar spine.</p>
<p><u>1 Leg Circle</u> Stabilising Muscles: Pelvic Floor, TVA, Obliques, serratus anterior, lower trapezius Primary Muscles: Gluteus Maximus and hamstrings</p>	<p>Good exercise to help engage pelvic floor and to strengthen her lower body.</p>
<p><u>Spine Twist</u> Stabilising Muscles: Pelvic Floor, TVA, Hip Flexors, Quads, lower trapezius, serratus. Primary Muscles: Hip Flexors, erector spinae, obliques and QL.</p>	<p>This is specific to help with her weak rotator cuff on the right side she can lead the twist with her right elbow. Improve posture from sitting at a desk and from standing with acupuncture will help her hold herself better.</p>
<p><u>Single Leg Stretch</u> Stabilising Muscles: Pelvic Floor, TVA, Quads and Glutes lower trapezius and serratus Primary Muscles: Obliques and Hip Flexors</p>	<p>Good exercise to strengthen lower body and core.</p>
<p><u>Shoulder Bridge Prep</u> Stabilising Muscles: Pelvic Floor, TVA and Multifidus Primary Muscles: Gluteus Maximus and Hamstrings</p>	<p>Open the front of the body from sitting down all day. Strengthen lower body.</p>

<p><u>1 Leg Kick</u> Stabilising Muscles: Pelvic Floor, TVA, Obliques, Serratus anterior, Lower Trapezius Primary Muscles: Gluteus Maximus and hamstrings</p>	<p>Help her strengthen shoulders and rotator cuff.</p>
<p><u>Breast Stroke Prep</u> Stabilising Muscles: Pelvic Floor, TVA, Serratus Anterior, Trapezius Rhomboids, Rotator Cuff Primary Muscles: Gluteus Maximus, Hamstrings, quadratus lumborum, erector spinae</p>	<p>To help build strength in the right cuff and help with her shoulder being lower. This will also help build strength in the lower body.</p>
<p><u>Shell Stretch</u> Stabilising Muscles: Pelvic Floor, TVA, Pecs, Serratus Anterior and Glutes Primary Muscles: Obliques</p>	<p>This will help client stretch out lower back from the work she does.</p>
<p><u>Saw</u> Stabilising Muscles: Pelvic Floor, TVA, Serratus Anterior, Trapezius, Rhomboids, Rotar Cuff Hip Flexors and Quads Primary Muscles: Obliques and Multifidus</p>	<p>Will help her to sit up tall and hopefully bring this into her every day life too.</p>
<p><u>Obliques Roll Back</u> Stabilising Muscles: Pelvic Floor, TVA, Serratus Anterior, Trapezius, Rhomboids, Rotator Cuff, Hip Flexors, Quads Primary Muscles: Obliques and Multifidus</p>	<p>Exercise for her to stabilise core group and work her obliques will help her in her movement in Tai Chi</p>
<p><u>Side Kick</u> Stabilising Muscles: Pelvic Floor, TVA, Serratus Anterior, Trapezius, Rhomboids, Rotaor Cuff, Glutes and Quads. Primary Muscles: Obliques and Abductors</p>	<p>This will help open up lower body from sitting and help strengthen her right side and hopefully help with her posture.</p>
<p><u>Side Series:</u> Stabilising Muscles: Pelvic Floor, TVA, Serratus anterior, Trapezius, Rhomboids, Rotator Cuff, Glutes and Quads Primary Muscles: Obliques, Abductors and adductors</p>	<p>Building up strength in lower body but also the obliques and core giving her a stronger centre and helping with Tai Chi and work.</p>

Session 1



Lesson Plan 1		
List Of Exercises	Modifications Used	Reps
Ab Prep	None Used	5-8 Breaths
Hundred Prep	Legs in table top	Full 100
Roll Back	None Used	5-8 breaths
Leg Circle	Supporting Straight	3 circles each way
Spine Twist	None Used	4 breaths
Single Leg Stretch	None Used	8 breaths
Shoulder Bridge Prep	Just heels off floor to begin	5-8 breaths
1 Leg kick back	None used	2 each leg
Breast Stroke Prep	Preperation1	5-8 breaths
Shell Stretch	None used	8 breaths
Saw	Slightly bend knees	6-8 breaths
Oblique Roll Back	None used	5-8 breaths
Side Kick	None used	5-8 breaths
Side Series	Series 1 only	5-8 breaths
Spine Stretch	Sit on towel to help sitting bones	5-8 breaths

Exercises used on Session 1.

- Ab Prep

To get used to working the chin nod learning to pull ribs to hips and work the core muscles properly and not pulling from the head a lot of movement in Pilates start

from this position so it's a great starting point. This will help my client strengthen her core and will in turn help her tai chi class.

- Hundred Prep

Done today with feet flat on the floor and really focused on the breathing my client tends to crunch up her neck a lot of reminders about long neck imagine you have ear rings on and they are not to touch shoulders.

- ½ Roll Back

Beginners version was used today also this exercise should help strengthen her obliques and in turn help with her posture. Client keep bringing her shoulders upto her ears.

- 1 Leg Circle

Exercise done in imprint as my client's hips were moving lots when doing this exercise also smaller circles. She found this good to try and feel her pelvic floor muscles and use them to help instead of too much leg muscles.

- Spine Twist

Beginner spine twist leading with right elbow bent to activate the rotator cuff and help with her weak right cuff and in turn help her dropped shoulder problem

Session 1 evaluation

Today session was very hard as both me and the client are new to Pilates. The warm up and breathing took a lot of time from the session. My clients breathing is very shallow and quite I spent a lot of time trying to get her to breath out through pursed lips. It took me time to explain what I wanted I was forgetting when to inhale and exhale.

My client really understood her pelvic floor from her Tai Chi classes and I could tell she was really trying to use it when I reinforced the thought throughout the session.

The session didn't flow well it was very stop start as I was still trying to figure out how to teach the exercises I was aiming to do 5-8 breaths in each exercise in today's session I was distracted by all the teaching points and forgot about how many breaths we did.

I only got through 5 exercises today because I was describing everything in too much detail possible overloading the client I will tr change this for the next session.

Session 2



Lesson Plan 2		
List Of Exercises	Modifications Used	Reps
Ab Prep	None Used	5-8 Breaths
Hundred Prep	Legs in table top	Full 100
Roll Back	None Used	5-8 breaths
Leg Circle	Supporting Straight	3 circles each way
Spine Twist	None Used	4 breaths
Single Leg Stretch	None Used	8 breaths
Shoulder Bridge Prep	Just heels off floor to begin	5-8 breaths
1 Leg kick back	None used	2 each leg
Breast Stroke Prep	Preperation1	5-8 breaths
Shell Stretch	None used	8 breaths
Saw	Slightly bend knees	6-8 breaths
Oblique Roll Back	None used	5-8 breaths
Side Kick	None used	5-8 breaths
Side Series	Series 1 only	5-8 breaths
Spine Stretch	Sit on towel to help sitting bones	5-8 breaths

Exercises used on Session 2.

- Ab Prep

Client did well today used to using her core now instead of lifting from shoulders.

- Hundred

Done in table top position today and did the whole 100 in one go.

- ½ Roll Back

My client kept bringing her shoulders up close to her ears and her gaze was a bit too low creating a very crunched up type look.

- 1 Leg Circle

Done again today in imprint again today as hip are still moving and with supporting leg bent.

- Spine Twist

Client likes this movement performs it well great for her because of sitting at the desk and help improve her posture and strengthen her right rotator cuff. She can bring this movement into her everyday life even while seated.

- Single Leg Stretch

It took a few breaths to get this exercise as her top leg would go off from being in line with her hip this is great for my client obliques and hip flexors which will help strengthen her right side realigning her posture,

- Shoulder Bride Prep

My client was really working her pelvic floor in this exercise. I described when she was up and lifting her heels to imagine she was on ice and didn't want to fall through this helped to engage pelvic floor. Another great exercise as my client sits at a desk part time to open the front of the body.

- 1 keg kick prep*

This exercise is specially to help stabilise all her shoulder and upper body because of the weak rotator cuff and strengthen her upper body. Client found it hard to slide scapula down and she kept hyperextending her neck.

- Breas Stroke Prep*

This exercise is great as the shoulders are used as stabilisers and because my client's right side is weaker than the left this exercise will help to strengthen it.

- Shell Stretch*

This exercise is good one for someone who works at a desk to lengthen out the lower back muscle from sitting down also can be easily done at home. This took a few breaths to get used to she was stretching back too far nearly into a cat stretch

Session 2 evaluation.

I feel was much better compared to the first session the session flowed better. The client remembered parts from our first session which helped the session and was able to engage pelvic floor easier, her breathing is still very quiet.

This week I made sure I did 4-5 breaths each exercise I am getting more confident in my teaching and could remember what was coming next, I didn't have to stop the flow. I find these sessions helpful we didn't get to all 15 exercises done but made progress to last week.

Session 3



Lesson Plan 3		
List Of Exercises	Modifications Used	Reps
Ab Prep	None Used	5-8 Breaths
Hundred Prep	Legs in table top	Full 100
Roll Back	None Used	5-8 breaths
Leg Circle	Supporting Straight	3 circles each way
Spine Twist	None Used	4 breaths
Single Leg Stretch	None Used	8 breaths
Shoulder Bridge Prep	Just heels off floor to begin	5-8 breaths
1 Leg kick back	None used	2 each leg
Breast Stroke Prep	Preperation1	5-8 breaths
Shell Stretch	None used	8 breaths
Saw	Slightly bend knees	6-8 breaths
Oblique Roll Back	None used	5-8 breaths
Side Kick	None used	5-8 breaths
Side Series	Series 1 only	5-8 breaths
Spine Stretch	Sit on towel to help sitting bones	5-8 breaths

Exercises used on Session 3.

- Ab Prep – no modifications

- Hundred

Done in table top position today. Client is really engaging her core now breathing is much better for her and seems effortless doing the hundreds.

- ½ Roll Back

Done better this week better understanding and better movement through the lumbar spine not as much shoulder to ear this week.

- 1 Leg Circle

Still performed in imprint but get better at the movement really engaging pelvic floor here.

- Spine Twist

Sitting much taller this week and her breathing has improved I can hear her exhaling in this exercise.

- Single Leg Stretch

Better understanding of the movement this week was able to do the proper breathing and really extending her foot and plantar flexing her foot.

- Shoulder Bridge Prep

Today we moved on taking a leg off the floor to help engage some more of the core my client has a great understanding of the pelvic floor in this exercise.

- 1 keg kick prep*

Emphasis on the scapula in this exercise clients tends to slump down.

- Breas Stroke Prep 1*

Great exercise for client to help with rotator cuff she tends to hyper extend the neck and found it hard to draw down the scapula.

- Shell Stretch*

- Saw

I had to keep reminding to sit tall on sitting bones my client was inclined to make it a hamstring stretch as she quite flexible.

- Oblique Roll Back

Took a little bit of time to get used to, reduce the range of movement as she was lifting her feet.

- Side Kick

Client was sitting back off her hips for a few of the breaths until she totally engaged her core she was better able to keep her balance then. She had more range of motion on her left side compared to the right.

- Side Series

Beginners side leg series 1 performed today client was used to the position from previous exercise found it quite challenging to hold she was letting her ribs stick out for some of the breaths.

Session 3 Evaluation.

Today's session was the best one yet. Both me and the client are after getting used to the exercises I felt I was much more confident with teaching points today. I myself started taking Pilates classes at the start of this course and because I myself am now familiar with how the exercises should be performed this make it easier for me to teach.

My client has improved since our first session she is starting to be even more aware of her posture she said especially when at work and has noticed a change in herself in her Tai Chi class. I'm not correcting her as much as I was the first two sessions. Today we got through a lot more exercises and I was able to concentrate on the breathing and know which exercise was coming next.

I didn't change the programme by much today I added on some new exercises but repeated everything else I think it's better to keep it similar to previous session to avoid my client getting confused and I can tell she's enjoying getting stronger each week.

Session 4



Lesson Plan 4		
List Of Exercises	Modifications Used	Reps
Ab Prep	None Used	5-8 Breaths
Hundred Prep	Legs in table top	Full 100
Roll Back	None Used	5-8 breaths
Leg Circle	Supporting Straight	3 circles each way
Spine Twist	None Used	4 breaths
Single Leg Stretch	None Used	8 breaths
Shoulder Bridge Prep	Just heels off floor to begin	5-8 breaths
1 Leg kick back	None used	2 each leg
Breast Stroke Prep	Preperation1	5-8 breaths
Shell Stretch	None used	8 breaths
Saw	Slightly bend knees	6-8 breaths
Oblique Roll Back	None used	5-8 breaths
Side Kick	None used	5-8 breaths
Side Series	Series 1 only	5-8 breaths
Spine Stretch	Sit on towel to help sitting bones	5-8 breaths

Exercises used on Session 4.

- Ab Prep

Getting stronger breathing is much better and she is getting more of her body off the floor this week.

- Hundred Diagonal

Client did well do her first hundred on diagonal I felt like she was ready to try this good engagement and really using her core.

- ½ Roll Back

Can see a big difference in the length between shoulders and ears. She has really become aware of the movements.

- 1 Leg Circle

Today we tried this with a resistance band her hips still move a bit when performing this exercise.

- Spine Twist

Landing with right elbow slightly bent to engage use of the rotator cuff to help with her weak cuff. Also great for core work and help with posture for work.

- Single Leg Stretch

Better alignment this week knee is over the hip and her core is engaged better.

- Shoulder Bridge Intermediate

Today we did the intermediate exercise client was a bit shaky at the start but was great at engaging pelvic floor here she was pushing a lot of her weight into hands but once I corrected she stopped. Great exercise for her especially as she has a part time desk job, and this will help engage the core more.

- 1 keg kick prep*

Still working on engaging the scapula.

- Breas Stroke Prep*

Client still struggled with the flow of this exercise.

- Shell Stretch*

- Saw

Reminders to sit tall on sitting bones my client was better this week and didn't make it a hamstring stretch a lot of reinforcing here about TVA and pelvic floor.

- Oblique Roll Back

Small range of motion in the exercise.

- Side Kick

Better than last week more of an understanding of where her weight needs to be.

- Side Series Leg 2

Series 2 today client had good control really working pelvic floor.

- Spine Stretch

Done with dorsi flex toes done very slowly and client was very aware of realigning the spine and sitting tall.

Session 4 evaluation

Today was our fourth session the client was in a great mood and was feeling positive about the session. She said she is really enjoying them and feeling like her posture has really improved.

Today I felt I could change some exercises to intermediate exercises and she was very able to do them. Her breathing has greatly improved compared to the start it was very shallow. The flow was nice and we finally got to do the whole 15 exercises.

I can defiantly see and a small improvement in the client she is using the right muscles in most of the exercises she is still struggling with the prone positions and retracting the scapula and drawing them down. Her breathing isn't a shallow compared to the first day. She has a great concept of her pelvic floor. And I feel more confident now on my corrections and seeing if she is using muscles properly.

Future Direction

After the four session with my client I felt there was an improvement in the understanding of the exercises and her core stability. I would change too much of the programme over the next few weeks as we had just introduced a few new exercises and had changed some to the intermediate as I felt the client was very able. I also think its best not to completely change the programme as the client is just getting to terms with the ones we have been doing.

Exercise	
Hundreds on diagonal	Performing the whole 100 to develop and maintain core strength
Shoulder bridge with leg movement	To open the front of the body and activate more core and lower body strength
Side Leg Series to get to series 4	Help maintain core strength while building the lower body
Breast Stroke Prep 3	To help client with her weak roator cuff and build up strength in her upper body

Self-Evaluation

I found once I got used to the exercises I was able to describe them well to my client I was able to communicate clearly what I wanted her to do. I Think I'm a bit nervous to try the intermediate exercises as id prefer to be good at them first myself to be better able to describe and teach them to the client.

What needs work is my time keeping also to try and create a flow found hard at the start and found it got a bit better by week 3 I need to learn the modifications of exercises too.

Summary

Overall, I really enjoyed the experience I learned that I need to be careful with my choice of words in a Pilates class I enjoyed getting better at teaching my client and found that the sessions were getting better as the weeks went on. I need to get better knowledge of the modifications and not refer to the manual. I am only now feeling a bit more comfortable with correcting the client this is something I need to work on to not be scared to give a correction.

I started taking Pilates classes when I began this course and I feel has helped me with teaching my client and will further my knowledge of Pilates. I also like watching in the class I go to what different type of clients go and seeing how the teacher adjusts to the class so im learning all the time.