

Spine / Back / Neck

Muscular Problems

Pilates

Pilates was developed during World War One by the German emigrant Joseph Hubert Pilates (1880 – 1967). He used it to train wounded soldiers interned in Great Britain. In 1923, he emigrated to New York and opened his first Pilates studio in the building that housed the New York City Ballet. The studio fast became a Mecca for dancers, athletes and stars in show business. Today, Hollywood stars such as Madonna, Uma Thurman or Brad Pitt swear by this sophisticated mix of Yoga, dance, martial arts and body building. Other important factors are stretching the muscles and proper breathing. Yet the focus of Pilates lies within what is known as the power house. This describes the entire system of muscles surrounding the spine, which is specifically strengthened by Pilates. Positive „side effects“ are better posture, better shape, better coordination of movements and heightened body awareness. Pilates exercises are usually performed on the floor but there are five classical apparatuses, which make it easier, especially for beginners, to assume the various positions