

Pilates for Seniors:

Practical session

Who would likely choose to do Pilates for the first time in late age?
Work with the body in front of you

Do a **Body Scan** and take a history

On Cadillac:

Lie on back, **bend knees with feet on small barrel**. Head support if needed.

Breathing

Shoulder/scapular mobilization: Hold elbow, ELEVATE AND DEPRESS SHOULDERS

Shoulder rolls

Pelvic tilts.....find long sacrum **and imprint**. (if they are ready)

Stabilize pelvis with one knee lifts, pressing down on barrel with other foot

Knees tog: **Extend** knee....alternate

Extend knee, (flex and point if they are ready) lower leg to calf, then to ankle and change

Add light leg spring to 2nd eye on trapeze above ankle: press leg down against spring

Knee **abduction**, one at a time, holding pelvis stable

Small shoulder bridge, to encourage articulation of lower spine

Stretch hamstring with theraband

Single Leg stretch with head down

Head nods and neck rotation....lead with the eyes

Repeat SLS with head lifted

2)

Sit over edge of Cadillac couch with feet on box

Sit up tall by pressing palms against edge of table

Roll Down: (loop theraband over top bar of Cadillac)

Use **theraband for roll down**, stretching bands forward, **sit up with flexed elbows**

Progress to roll back with the roll-back bar

Eye Movements and then include neck movement

Eye exercises exploit the neuroplasticity of the brain and deliver observable improvements in eyesight, physical and mental performance.

Seeing, thinking or planning and acting are part of the same neural network (Research published in Jan 2018)

Side flexion of trunk and Rotation with theraband (use arm rests on chair)

Feet: theraband under ball of foot: plantarflex and dorsiflex

Vigorous tapping on balls of feet (simulating weight bearing cardio)

Arms: Finger mvts and wrist mvts with arms out sideways

Hold stick: **lifting arms**

Roll wrists forward and backwards

Arm weight series or free movement

3)

Wall:

Roll shoulders

Arm raises and circles

Roll down to waist and up

Face Wall:

Crawl up fingers with **elbows on wall**

Prep for plank with straight arms: rise and lower

Move back into table top

Cadillac standing facing in, hold roll back bar: **Chest Expansion**

Hold poles: foot up on table: **Stretch forward and Back**

High Chair: standing pumping one leg

Rise and Lower

Going up Front

Hold on to bars, balance on one leg

Teach getting up and sitting down on chair

4)

Home Exercises on a chair with arm rests:

Footwork: ankle, toes. Circle ankles

Toe tapping

Roll down with hands sliding down back of legs

Arms: Press on fists and lift weight up

Roll shoulders

Finger exercises

Theraband...point/ flex

Lift knee into chest

Lift Knee, extend/flex

Side bends and rotation. Use arm rests to get more range

Walk hips forward and back

Arm weights sitting

Practice standing up and sitting down

Finish standing behind chair, holding on to back:

rise/lower, balance on one leg