

VÄHENNÄ NISKAKIPUA PILATESHARJOITTELUKSELLA

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- N=13, Testattavat tekijät Pilateksen mattoharjoitteita 12 viikkoa
- Testit:
 - Neck disability index (NDI)
 - Patient specific functional scale (PSFS)
 - Numerical rating pain scale (NRPS)
 - The abdominal drawing test (ADIT)
- Mittari: NDI, PSFS ja NRPS ovat itsearviointi testejä. ADIT mitataan Pressure Biofeedback Unit laitteen avulla.
- Tulokset: NDI ja PSFS paranivat sekä 6, että 12 viikon jälkeen ja NRPS parani 12 viikon jälkeen. Tämän pilottitutkimuksen mukaan Pilates harjoittelu voi vähentää niskakipua pidemmällä aikavälillä kroonisen niskakivun potilailla.



1. Hip Twist Level 1. Left knee moves away from and then towards midline while maintaining a neutral spine position. This challenges rotational control of the lumbar spine.



2. Double leg stretch Level 1. Arms are lowered overhead as far as control of the ribcage and pelvis can be maintained.



3. Double leg stretch Level 2. As for level 1 but simultaneously sliding the left heel along the mat away from the body.



4. One leg stretch level 1. The left heel slides along mat extending left leg without allowing the pelvis to anteriorly tilt.



5. Clam Level 1. Posterior fibres of gluteus medius are isolated as the top knee is slowly lifted towards the ceiling while keeping the pelvis still.



6. Shoulder Bridge Level 1. Pelvis is posteriorly tilted as the lumbar and thoracic spines are mobilised in to flexion.



7. Scissors Level 1. The left knee is lifted over the hip (90 degrees angle at knee and hip) while keeping the pelvis in neutral.



8. Arm openings Level 1. The uppermost arm is lifted away from the body to open the upper chest and rotate the thoracic and lumbar spine.



9.-10. Breast stroke prep Level 1. Shoulder blades glide gently downward away from the ears while lifting the arms 4-5 cm off the mat. Level 2 (picture). As for level 1 with the upper body lengthened off the mat to hover the breastbone 3 cm from the floor while maintaining a neutral lumbo-pelvic position.