

LOPT Update

LINCOLN ORTHOPEDIC
PHYSICAL THERAPY, PC

www.loptonline.com
Summer 2006

What are the Benefits of Pilates?

- Improvement of balance, coordination and circulation
- Better flexibility for dancing, golfing, swimming and cycling
- Injury prevention and rehabilitation
- Continued use of movement in the elderly
- Easy on sore joints due to low impact
- Release of stress
- Improved posture
- Safe during pregnancy*, pre and postnatal



Medical Pilates Program Available at All LOPT Locations

What is Pilates?

Pilates is a type of body conditioning that is a balance between exercise and strength training. It is a well-choreographed dance where the mind leads the body to breath and concentrate on every move. Use of the lower back and abdomen are keys to the desired fluid movement. This yoga-like theory is separated by the idea that rather than finding one static pose to hold, Pilates promotes "flowing" through a series of movements.

Who can Benefit from Pilates?

Pilates is not just for moms, it is a workout for everyone. A 30-minute Pilates workout is more effective than an hour on the treadmill. Pilates will not only make you feel good, but make you feel relaxed, centered, stretched out and confident that you have done something good for your body. When you do something good for your body, it will return the favor ten fold.

What are the Advantages of Medical Pilates at LOPT over other types of Pilates?

The key to a successful Pilates class is the quality of the instructor. At LOPT, eleven of our physical therapists and physical therapy assistants are trained instructors in Pilates. This means your personal instructor has an educational background that is unsurpassed. In addition, our Pilates sessions are individual one-on-one, not in a group setting. This allows you to progress at a safe rate and make the most improvement in the least amount of time. Most people need three to five practice sessions to determine if Pilates is a fit for them. Initially, Pilates can seem fairly technical. Coupled with breathing, the new terminology and mechanics of moving in a coordinated fashion can seem a bit overwhelming. The one-on-one sessions allow our therapists to normalize and enhance your muscle movement, identify and correct faulty movement patterns, improve your postural alignment and improve your breathing mechanics. Another advantage for you is that Medical Pilates is conveniently available at all three of our LOPT locations. No matter where you live or work in the city, there is a location that is both close and convenient.

How do I get more information?

Simply call any one of our three locations and ask about our Medical Pilates program. Listed below is a comparison of LOPT's medical program over other types of Pilates programs.

Characteristics	Medical Pilates	Other Pilates Programs
Instructors are Physical Therapists or Physical Therapy Assistants	Yes	No
Covered by Health Insurance	Yes*	No
Individual, One-on-One Sessions	Yes	Usually a Group Setting
Available at Multiple Locations	Yes	No

*Some insurance companies may require a referral from your physician. Check with your insurance carrier to see if physical therapy is a covered benefit.

Trained Pilates Instructors at LOPT

North Office

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