

STOTT PILATES®

MATWORK

Approach & the Original Pilates Method

STOTT PILATES® Approach and Original Pilates Method

Talk about the History of Pilates

Discuss Joseph Pilates' history, Joseph Pilates' principles: breathing, centering, control, precision, fluidity, concentration, isolation, routine

STOTT PILATES maintains the important principles of Joseph Pilates original teachings, e.g.: *Breathing* – Pilates used 'inhale during exertion', whereas STOTT PILATES Breathing more closely emulates the natural breath pattern of the body. This will be discussed in more detail when we go through the The Five Basic Principles used throughout the STOTT PILATES approach.

Flowing Movement – maintaining a smooth movement pattern, not jerking or jarring, never holding a position.

Control & Concentration – Every movement should be controlled and performed with concentration.

Quality (precision) not Quantity – Performing less repetitions but with more concentration to ensure the correct muscles are performing the exercises.

Discuss STOTT PILATES, the contemporary approach to the original works of Joseph H. Pilates.

They chose this style of training and therefore they should be well informed about their choice.

Moira Merrithew, together with President and CEO of STOTT PILATES Lindsay Merrithew, and a team of physical therapists, sports medicine and fitness professionals, has spent two decades refining the STOTT PILATES® method of exercise and equipment. This clear and detailed approach forms the basis for STOTT PILATES training and certification programs.

We refer to this approach as STOTT PILATES to differentiate it from the original method, which still maintains the same principles developed in the 1920s. We also have very high standards in our training and want to maintain STOTT PILATES Instructors as an elite group of well trained instructors in their field.

Summary of differences between original Pilates and STOTT PILATES approach:

- ▶ anatomically based
- ▶ breakdown into essential, intermediate, advanced to allow for a progression
- ▶ breathing related to movement (not exertion)
- ▶ contemporary approach in accordance with modern biomechanics: e.g. neutral pelvis and restoration of natural spinal curves provide the strongest position of body and the most shock absorption; shoulder girdle stabilization

Specifically, how does the STOTT PILATES method differ from the original Pilates approach biomechanically?

We want to restore the natural spinal curves rather than flattening them down. In preparation for restoring the slightly extended curves of both the cervical and lumbar spine and the slightly flexed curve of the thoracic spine we equally strengthen the spinal flexors, extensors and deep spinal stabilizers. This avoids excessive loading on the vertebral discs, decreases inflammation or irritation of both the facet joints and spinal ligaments.

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Noting that babies have a flat back, J.H. Pilates felt we should all be working to produce a flat spine. He is quoted as saying *"In a newly born infant the back is flat because the spine is straight. Of course, we all know that this is exactly as intended by nature not only then but also throughout life."* And, *"when the spine curves the entire body is thrown out of its alignment – off balance. The back would be flat if the spine were kept as straight as a plumb line. Therefore in reclining exercises, be sure wherever indicated, to keep your back full length always pressed firmly against the mat or floor."* Hence all the work was done with a pelvic tilt and "chin pressed tightly against your chest".

Pelvic tilt, the spinal rehabilitation approach of the '50s, was fine for facet joint problems but with repetition, it put pressure on the intervertebral discs.

In the '60s and '70s Dr. Robert Mackenzie had good results with spinal extension for alleviation of disc impingement. Research in the '80s and '90s has shown the importance of restoring and stabilizing the spine in a neutral position possible.

As you learn the basic anatomical principles of STOTT PILATES, keep in mind how they differ from the original way J.H. Pilates worked. These principles have been updated based on contemporary research and thinking in the field of biomechanics. Pilates did not focus on these issues in the same way.

In his era there was not the same focus on Pelvic, Rib Cage, Scapula and Cervical Placement.