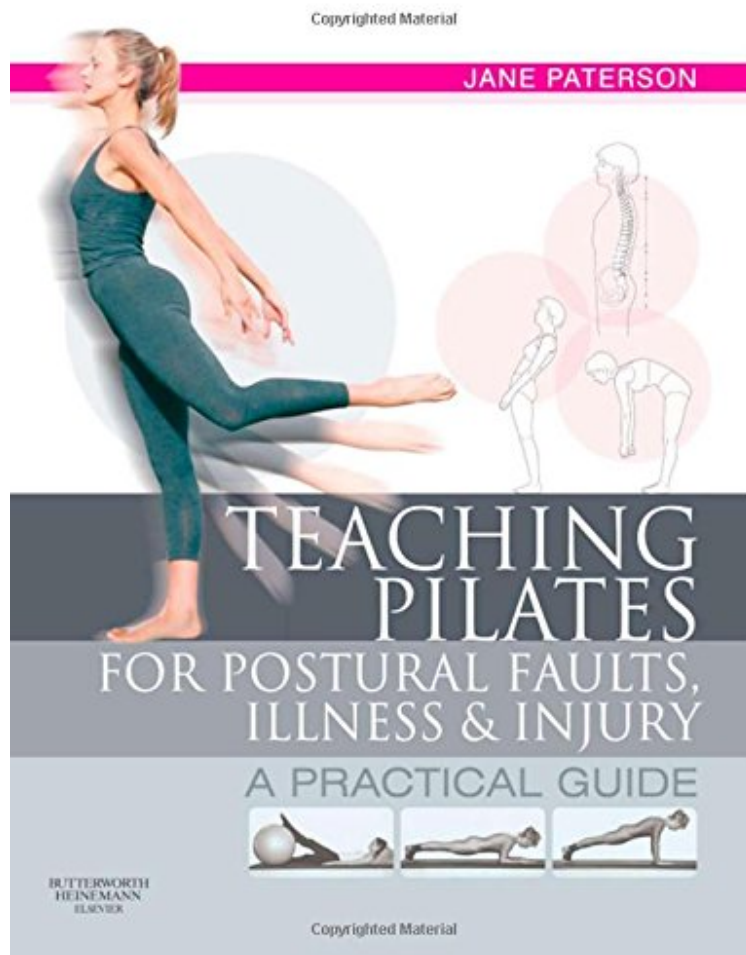


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## Teaching pilates for postural faults, illness and injury: a practical guide, 1e

Jane Paterson RGN Adult Education Teacher Pilates Teacher and Teacher Trainer trained classical dancer

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The pilates technique is very much used in physiotherapy treatment, especially in remedial exercises to aid recovery and rehabilitation after surgery, as well as with back problems and sports injuries. describes the underlying principles of the exercises in physical terms describes the treatment of common medical conditions provides a manual for those in the remedial health care professions