



## IDENTIFYING DATA

### (\*)Pilates terapéutico

Subject	(*)Pilates terapéutico			
Code	P05M191V01203			
Study programme	Máster Universitario en Ejercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Optional	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Rodríguez Fuentes, Gustavo			
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General description	In this subject will deepen in the application of the method Pilates with therapeutic ends in different groups, pathologies and illnesses, as well as in the prevention of the illness and the promotion of the health. This deepening will do in base to the current scientific evidence and will cover so much the assessment like the design of programs of prevention and treatment based in the method of Pilates.			

## Skills

Code	
A2	That the students know how to apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study.
A3	That the students are able to integrate knowledge and face the complexity of formulating judgments based on information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments.
B2	Incorporate the ethical and legal principles of the physiotherapist profession into professional practice, as well as integrate social and community aspects in decision-making in interventions focused on Therapeutic Exercise in Physiotherapy.
B3	Transmit information in a clear way to the users of the health system, as well as with other professionals.
C11	Adapt therapeutic exercise sessions based on the characteristics of the patient, the pathology and the environment.
C12	Apply a protocol for measuring the functional capacity of patients based on their characteristics, as well as the pathology in the different areas of specialization.
C15	Design and apply therapeutic exercise programs based on the Pilates method, adapting them to the clinical and health characteristics of the patients.
D1	Ability to understand the meaning and application of the gender perspective in the different fields of knowledge and in professional practice with the aim of achieving a fairer and more equal society.
D2	Ability to communicate orally and in writing in the Galician language.
D5	Recognition of diversity and multiculturalism.
D6	Creativity, entrepreneurial spirit and adaptation to new situations.
D8	Maintain an attitude of learning and improvement.

## Learning outcomes

Expected results from this subject	Training and Learning Results
Know the basic principles that allow to use the method Pilates like therapeutic tool	A2 D1 D5 D8

Be able to value the posture and the mobility of a patient that goes to receive treatment based in the method Pilates	A2 A3 B2 B3 C12 D1 D2 D5 D8
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Design and apply programs of Pilates therapeutic in different pathologies and clinical situations of health	A2 A3 B2 B3 C11 C15 D1 D2 D5 D6 D8
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## Contents

### Topic

Foundation based in the evidence of the Pilates therapeutic.

Assessment of the mobility and of the relation between tone and posture of a patient participant in a program of Pilates therapeutic.

Basic concepts for the design of programs of prevention and treatment based in the application of the method Pilates.

Programs of prevention and treatment based in the application of the method Pilates.

Guidelines of security and reduction of risks in the practice of the method \*Pilates.

## Planning

	Class hours	Hours outside the classroom	Total hours
Lecturing	5	8	13
Laboratory practical	16	16	32
Case studies	3	6	9
Mentored work	0	12	12
Problem and/or exercise solving	0	2	2
Case studies	0	3	3
Report of practices, practicum and external practices	0	4	4

\*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

## Methodologies

	Description
Lecturing	Theoretical classes-participatory where will boost the active participation of the students and that will enter and will facilitate so much the studies of case like the work of the subject and the practices. Employment of generic form of audiovisual means. It will give information through the Moovi platform .
Laboratory practical	In the practices will follow a demonstrative methodology with an analysis reasoned of the exercises that compose the program of prevention and/or treatment based in the method Pilates. It will give information through the Moovi platform.
Case studies	It will present to the students a real clinical situation to which have to give a solution in base to the use of the method Pilates. It will be elaborated in small group.
Mentored work	The works will involve a paper entirely activate by part of the students. It will comport to give solution to a problem and/or resolve exercise posed by the educational basing in the method Pilates (elaborated in small group). Besides, it will comprise the realisation of a report of practices where have to describe the tasks developed and give justification to the open questions posed in the same (elaborated of individual form). It will give information through the Moovi platform. The lecturer will guide and support in the process of preparation of the work in each group.

Personalized assistance	
Methodologies	Description
Lecturing	The personalised attention will be centred in the solution of students doubts and to orient his efforts in the matter. This personalised attention will do so much face-to-face, in the schedule of tutorship official, as through post-and (indicating in subject tutorship).
Laboratory practical	The personalised attention will be centred in the solution of students doubts and to clear the questions tied to the report of practices to present.
Case studies	The personalised attention will be centred in the solution of students doubts in the realisation of the distinct cases proposed and in the evidences to present.
Mentored work	The personalised attention, basically, will be centred in solving doubts, in orienting the work to make in the subject and to carry register and value the done by the students.

Assessment		Qualification	Training and Learning Results			
	Description					
Problem and/or exercise solving	It will consist in making a research of 2 scientific articles that work a determinate pathology, population or group *etario using the method *Pilates (with indication of the program of *Pilates applied) and analyse *reflexivamente the *adecuación of said proposal. The indications and terms of delivery will publish in the platform of *teledocencia *Moovi.	20	A2 A3	B2 B3	C11 C12 C15	D1 D2 D5 D6 D8
Case studies	It will consist in the presentation of a therapeutic program based in the method *Pilates linked to a pathology, population or group *etario determinate. The indications and terms of delivery will publish in the platform of *teledocencia *Moovi.	40	A2 A3	B2 B3	C11 C12 C15	D1 D2 D5 D6 D8
Report of practices, practicum and external practices	Each student will deliver a report of the practices made in the matter, in which they also will give answer to open questions posed in the clinical cases analysed. The indications and terms of delivery will publish in the platform of *teledocencia *Moovi.	40	A2 A3	B2 B3	C11 C12 C15	D1 D2 D5 D6 D8

## Other comments on the Evaluation

### Sources of information

#### Basic Bibliography

Calvo JB., **Pilates terapéutico. Para la rehabilitación del aparato locomotor**, 9788491105008, Médica Panamericana, 2012

Isacowitz R., **Pilates: manual completo del método Pilates**, 9788499105352, 2ª, Paidotribo, 2016

Wood S., **Pilates para la rehabilitación: Recuperar lesiones y optimizar la estabilidad, la movilidad y la funcionalidad**, 9788416676767, Tutor, 2019

#### Complementary Bibliography

Aaronson N, Turo AM., **Pilates para la recuperación del cáncer de mama**, 9788479029968, Tutor, 2016

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Richey B., **Back exercise: stabilize, mobilize, and reduce pain**, 9781492594765, Human Kinetics, 2021

Wells et al., **Effectiveness of Pilates exercise in treating people with chronic low back pain: a systematic review of systematic reviews**, 10.1186/1471-2288-13-7, 2013

Byrnes et al., **Is Pilates an effective rehabilitation tool? A systematic review**, 10.1016/j.jbmt.2017.04.008, 2018

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Denham-Jones et al., **A systematic review of the effectiveness of Pilates on pain, disability, physical function, and quality of life in older adults with chronic musculoskeletal conditions**, 10.1002/msc.1563, 2022

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Engers et al., **The effects of the Pilates method in the elderly: a systematic review**, 10.1016/j.rbre.2016.05.005, 2016

Gou et al., **The effect of Pilates exercise training for scoliosis on improving spinal deformity and quality of life: Meta-analysis of randomized controlled trials**, 10.1097/MD.00000000000027254, 2021

Hornsby E, Johnston LM., **Effect of Pilates Intervention on Physical Function of Children and Youth: A Systematic Review**, 10.1016/j.apmr.2019.05.023, 2020

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Miranda S, Marques A., **Pilates in noncommunicable diseases: A systematic review of its effects**, 10.1016/j.ctim.2018.05.018, 2018

Pinto-Carral et al., **Pilates for women with breast cancer: A systematic review and meta-analysis**, 10.1016/j.ctim.2018.09.011, 2018

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Suárez-Iglesias et al., **Benefits of Pilates in Parkinson's Disease: A Systematic Review and Meta-Analysis**, 10.3390/medicina55080476, 2019

Wang et al., **Pilates for Overweight or Obesity: A Meta-Analysis**, 10.3389/fphys.2021.643455, 2021

Yamato et al., **Pilates for low back pain**, 10.1002/14651858.CD010265.pub2, 2015

## Recommendations

### Subjects that continue the syllabus

(\*)Prácticas externas/P05M191V01207

### Subjects that it is recommended to have taken before

(\*)Bases anatomofuncionais no exercicio terapéutico/P05M191V01101

(\*)Exercicio terapéutico no tratamento de enfermidades neurodexenerativas e na diversidade funcional/P05M191V01107

(\*)Exercicio terapéutico no tratamento de patoloxía musculoesquelética e recuperación do deportista/P05M191V01105

(\*)Exercicio terapéutico en persoas maiores/P05M191V01108

(\*)Fundamentos do exercicio terapéutico e deseño de programas/P05M191V01102

(\*)Metodoloxía da investigación/P05M191V01103