References for “Pilates and Stroke Recovery” by Lisa Mills-Hutton

Bird et al 2012. A randomized controlled study investigating static and dynamic balance in older adults after training with Pilates. Arch Phys Med Rehabil. Volume 93(1). Page 43-9.

Bryan M. and Hawson S. (2003). The Benefits of Pilates Exercises in Orthopedic Rehabilitation. Techniques in Orthopaedics 18: Page 126-129.

Cruz-Ferriera, Ana et al. (2013). Does Pilates-Based Exercise Improve Postural Alignment in Adult Women? Women & Health Volume 53, 2013 - Issue 6. Page 597-611.

Decker, Jennifer (2007). Improving Pelvic Alignment. University of Wyoming, Laramie, Wyoming, USA.

Hodges, P. and Richardson, C. (1999). Transversus Abdominis and the Superficial Abdominal Muscles Controlled Independently in a Postural Task. *Neuroscience Letters*. Volume #265, Page 91-94.

Newell et all (2012). Changes in gait and balance parameters in elderly subjects attending an 8-week supervised Pilates programme. J Bodyw Mov Ther. 2012 Oct;16(4): Page 549-54.

Phrompaet, Sureeporn et al. (2011). Effects of Pilates Training on Lumbo-Pelvic Stability and Flexibility. Asian J Sports Med. 2011 Mar; 2(1): Page 16–22.

Segal, N.A., Hein, J. & Basford, J.R. (2004). The effects of Pilates training on flexibility and body composition: An observational study. Archives of Physical Medicine Rehabilitation, 85, Page 1977-1981.

Van der linder, ML. Et al. (2014). Pilates for people with multiple sclerosis who use a wheelchair: feasibility, efficacy and participant experiences. Disability and Rehabilitation. Volume 36(11) : Page 932-9.