

a. ALTERAZIONI POSTURALI E SCOLIOSI

Bibliografia

1. Educational technology of using the system of Pilates for the prevention of spine disorders of female students- Alexander E. Bolotin; Vladislav V. Bakayev ; Sergey A. Vazhenini - Journal of Physical Education and Sport - December 26, 2015 (Accepted for publication October 27, 2015) - DOI:10.7752/jpes.2015.04110
2. Effect of Pilates Intervention on Physical Function of Children and Youth: A Systematic Review -Elizabeth Hornsby , Leanne M. Johnston - Archives of Physical Medicine and Rehabilitation - May 29, 2019 - DOI:https://doi.org/10.1016/j.apmr.2019.05.023
3. Clinical effectiveness of a Pilates treatment for forward head posture - Sun-Myung Lee, Chang-Hyung Lee, David O'Sullivan, Joo -Ha Jung, Jung-Jun Park - The Journal of Physical Therapy Science – 7 Aprile 2016
4. Functional improvements after a pilates program in adolescents with a history of back pain: A randomised controlled trial - Noelia González-Gálvez , Pablo J.Marcos-Pardo , María Carrasco-Poyatos - Complementary Therapies in Clinical Practice Volume 35, Pages 1-7 https://doi.org/10.1016/j.ctcp.2019.01.006 - Maggio 2019
5. Pilates Can Affect Sagittal Spinal Alignment: An Observational Study.- Schroeder J - J Spine 3:180. doi:10.4172/2165-7939.1000180 - 2014
6. The effectiveness of the Pilates method: Reducing the degree of non-structural scoliosis, and improving flexibility and pain in female college students. - Araújo, Maria & Silva, Elirez & Mello, Danielli & Cader, Samária & Salgado, Afonso & Dantas, Estélio. - Journal of bodywork and movement therapies. 16. 191-8. 10.1016/j.jbmt.2011.04.002.- 2012
7. Does Pilates-Based Exercise Improve Postural Alignment in Adult Women?- Ana Cruz-Ferreira, Jorge Fernandes , Yi-Liang Kuo, Lisa Marie Bernardo , Orlando Fernandes , Luís Laranjo & António Silva -Women & Health
8. Os efeitos do metodo pilates no alinhamento postural: estudo piloto - Paulo Cesar Nunes Junior et al.al. - Fisioterapia Ser • vol. 3 - n° 4 • 2008

b. RIABILITAZIONE ORTOPEDICA

Bibliografia

1. The influence of Pilates training on the ability to contract the Transversus Abdominis muscle in asymptomatic individuals - Lee Herrington, Rachel Davies - Journal of Bodywork and Movement Therapies – Dicembre 2003
2. The Pilates Method in the treatment of lower back pain- Marcelo Henrique Oliveira de Vasconcellos, Ramon Diego Santana da Silva, Sheila Maria Bispo dos Santos, José Reynaldo de Carvalho Merlo, Tatiana Maíta Alves Conceição - Fisioter Mov. – Lug/set 2014
3. Comparative effects of 12 weeks of equipment based and mat Pilates in patients with Chronic Low Back Pain on pain, function and transversus abdominis activation. A randomized controlled trial – D. Cruz-Díaz, S. Gobbo, M. Bergamin, A. Martinez-Amat – Complementary Ther. Medicine – Giugno 2017
4. Equipment-based Pilates reduces work-related chronic low back pain and disability: A pilot study.- Stieglitz DD, Vinson DR, Hampton Mde C.- J. of Bodywork Mov. and Ther. – gennaio 2016
5. Pilates for low back pain - Yamato TP, Maher C, Saragiotto BT, Hancock MJ, Ostelo RWJG, Cabral CMN, Menezes Costa LC, Costa LOP – Cochrane Review - 2 Luglio 2015
6. Effects of Pilates exercise programs in people with chronic low back pain: a systematic review. - Patti A, Bianco A, Paoli A, Messina G, Montalto MA, Bellafiore M, Battaglia G, Iovane A, Palma A. - Medicine (Baltimore) - Gen 2015
7. Efficacy of the Pilates method for pain and disability in patients with chronic nonspecific low back pain: a systematic review with meta-analysis. - Miyamoto GC, Costa LO, Cabral CM. - Braz J Phys Ther. - Nov-Dic 2013
8. Pilates-based therapeutic exercise: effect on subjects with nonspecific chronic low back pain and functional disability: a randomized controlled trial - Rydeard R, Leger A, Smith D. – J. Orthop Sports Phys Ther. - Luglio 2006
9. Does a Program of Pilates Improve Chronic Non-Specific Low Back Pain? - Valerie Gladwell, Samantha Head, Martin Haggart, and Ralph Beneke - J Sport Rehabil. - 2006
10. Pilates improves pain, function and quality of life in patients with chronic low back pain: a randomized controlled trial. - Natour J, et al. - Clinical Rehabilitation - 2015
11. The Effect of Pilates-based Exercises on Pain, Functioning and Lumbar Lordosis in Women with Non-specific Chronic Low Back Pain and Hyperlordosis - SH Shahrjerdi * , M Golpayegani , A Daghighzadeh , A Karami - Journal of Zanjan University of Medical Sciences – 201
12. The effect of a Pilates exercise programme on perceived functional disability and pain associated with non-specific chronic low back pain - Llewellyn Helen, Konstantaki Maria, Johnson Mark, Francis Peter – MedCrave – 17 Marzo 2017

13. Pilates and mobilization methods in therapy for low back pain among pregnant women - Martyna Maćzka, Anna Sass - Journal of Education, Health and Sport, Vol 7 n°8 – 2017
14. Effect of physical therapy approach based on Pilates method in patients with low back pain during pregnancy - Cristina Aparesita Neves Ribeiro Machado – Fisioterapia Brasil – Set/Ott 2006
15. Effects of Pilates Training on Lumbo-Pelvic Stability and Flexibility - Sureeporn Phrompaet, Aatit Paungmali, Ubon Pirunsan, Patraporn Sitilertpisan - Asian J Sports Med. – Marzo 2011
16. Effects of the Pilates method on variables related to functionality of a patient with traumatic spondylolisthesis at L4-L5: A case study - Oliveira LC, et al. - J Bodyw Mov Ther. - Gen 2016
17. Effectiveness of the Pilates Method in the Treatment of Chronic Mechanical Neck Pain: A Randomized Controlled Trial – Luciana de Araujo Cazotti, Anamaria Jones, Diego Roger-Silva, Luiza Helena Coutinho Ribeiro, Jamil Natour - J. Physical Medicine Rehab. –settembre 2018
18. Comparative effectiveness of Pilates and yoga group exercise interventions for chronic mechanical neck pain: quasi-randomised parallel controlled study. - Dunleavy K, Kava K, Goldberg A, Malek MH, Talley SA, Tutag-Lehr V, Hildreth J. – Physiotherapy - Settembre 2016
19. Effects of Pilates and yoga in patients with chronic neck pain: A sonographic study.- Uluğ N, Yılmaz ÖT, Kara M, Özçakar L - J Rehabil Med. – 10 Gennaio 2018
20. The effectiveness of a 6-week Pilates programme on outcome measures in a population of chronic neck pain patients: a pilot study - Mallin G1, Murphy S. - J Bodyw Mov Ther. – Luglio 2013
21. Rehabilitation after Total Hip and Knee Arthroplasty. A New Regimen Using Pilates Training - Brett Levine, Beth Kaplanek, Dina Scafura, William L. Jaffe
22. 3Pilates Training for Use in Rehabilitation after Total Hip and Knee Arthroplasty: A Preliminary Report -Brett Levine, Beth Kaplanek, William L. Jaffe- Clin Orthop Relat Res. – 2009
23. The Effects of Pilates Exercise Training on Knee Proprioception. A Randomized Controlled Trial - Nursen Özdemir, Sevgi Sevi Subaşı, Nihal Gelecek, Şükrü Sari - Dokuz Eylül University, School of Physical Therapy and Rehabilitation – 2009
24. The effectiveness of Pilates for partial anterior cruciate ligament injury - Derya Çelik ,Nilgun Turkel - Knee Surg. Sports Traumatol. Arthrosc. - 2015
25. Pilates Training for Use in Rehabilitation after Total Hip and Knee Arthroplasty: A Preliminary Report - Brett Levine, Beth Kaplanek, William L. Jaffe - Clin Orthop Relat Res.- Giugno 2009
26. Rehabilitation after total hip and knee arthroplasty: a new regimen using Pilates training.- Levine B, Kaplanek B, Scafura D, Jaffe WL - Bull NYU Hosp Jt Dis -. 2007
27. Do Pilates-based exercises following total knee arthroplasty improve postural control and quality of life? - Ayşenur KARAMAN, İnci Yuksel, Gizem İrem Kinikli, Ömür ÇAĞLAR - Physiotherapy Theory and Practice - Marzo 2017
28. PETKO: Pilates Exercise Training before Knee arthroplasty in patients with Osteoarthritis A two-arm, randomized, open-label assessor blinded phase II clinical trial - Kenneth Ernest-Suarez , Pedro Aguilar-Salinas , Luiz Dalfior Junior , Sebastián Mondaca , Zui Narita , Gerhard da Paz Lauterbach , María Consuelo Rodríguez-Roblero , Carlos Henrique Valente Moreira , Gabriel Torrealba-Acosta - Principles and Practice of Clinical Research Vol 2 – 2016
29. The effects of Clinical Pilates exercises on patients with shoulder pain: A randomised clinical trial - Esra Atılğan, Aydan Aytar, Aslıcan Çağlar, Ayça Aytar Tıǧlı, Gamze Arı et al. – Bodywork and movement therapies – ottobre 2017
30. Effects of Shoulder Abduction on Muscle Activities During Pilates Breathing - Moon-Jeoung Kim, Sung-Hyun Park, Il-Hun Baek - J Korean Soc Phys Med – 2018
31. Physiotherapy Department - Guy's and St. Thomas' NHS Foundation Trust (2014) "Pilates exercises for above knee amputees" protocollo presente nel catalogo

c. RIABILITAZIONE REUMATOLOGICA

Bibliografia

1. Effect of pilates training on people with fibromyalgia syndrome: a pilot study. - Altan L1, Korkmaz N, Bingol U, Gunay B. – Archives of Physical Medicine Rehabilitation - dicembre 2009
2. .A prática de Pilates melhora a dor e a qualidade de vida em mulheres com síndrome fibromiálgica.- Komatsu, Mariana et al – Revista Dor (online) - 2016
3. .Efeitos do alongamento muscular e condicionamento físico no tratamento fisioterápico de pacientes com fibromialgia. - Bressan et al - Revista Brasileira de Fisioterapia – marzo /aprile 2008
4. Effect of Pilates on sleep quality and quality of life of sedentary population – Leopoldino AA, Avelar NC, PassosGB Jr, Santana NA Jr, Teixeira VP Jr, De Lima VP, De Melo Vitorino DF – Journal of body work and movement therapy – gennaio 2013

5. Diminuição da dor em mulheres com dismenorreia primária, tratadas pelo método Pilates- Luana Macêdo de Araújo, José Mário Nunes da Silva, Weltianne Tavares Bastos, Patrícia Lima Ventura - Centro de Ensino Unificado de Teresina (CEUT). Teresina. PI.
6. Pilates Exercises Influence on the Serotonin Hormone, Some Physical Variables and the Depression Degree in Battered Women - Essam Abdel-Hamid Hassan and Manal Ahmed Amin - World Journal of Sport Sciences – 2011
7. Effect of Pilates training on people with ankylosing spondylitis - L. Altan • N. Korkmaz • M. Dizdar • M. Yurtkuran - Rheumatol Int – Dicembre 2010
8. Effect of Clinical Pilates training on the fear of movement in patients with ankylosing spondylitis - Deran Oskay, Zeynep Tuna, Songül Baglan-Yentur - International Journal of Therapy and Rehabilitation - Novembre 2018
9. Effects of Pilates Exercises on Health-Related Quality of Life in Individuals With Juvenile Idiopathic Arthritis - Tânia M.MendonçaPT, PhDaMaria T.TerreriMD, PhDbCarlos H.SilvaMD, PhDcMorun BernardinoNetoDScdRogério M.PintoPhDeJamiNatourMD, PhDfClaudio A.LenMD, PhD - Archives of Physical Medicine and Rehabilitation – Novembre 2013
10. Effects of Pilates exercises on pain, functional status and quality of life in women with postmenopausal osteoporosis.- Küçükçakır N1, Altan L, Korkmaz N. - Journal of Bodywork and Movement Therapies. 2013 April

d. RIABILITAZIONE ONCOLOGICA

Bibliografia

1. Effects of Pilates Exercises on Shoulder Range of Motion, Pain, Mood, and Upper-Extremity Function in Women Living With Breast Cancer: A Pilot Study - Kim S Keays, Susan R Harris, Joseph M Lucyshyn and Donna L MacIntyre – Physical Therapy journal, APTA – luglio 2011
2. Effects of pilates exercises on functional capacity, flexibility, fatigue, depression and quality of life in female breast cancer patients: a randomized controlled study - S. Eyigor, H. Karapolat, H. Yesil, R. Uslu, B. Durmaz – European Journal Of Physical And Rehabilitation Medicine - Dicembre 2010
3. Efeito do método pilates sobre o recrutamento de unidades motoras e flexibilidade em pacientes mastectomizadas - Luiza Barbara, Jussara & Benevides De Lima, Barbara & Boechat Pires De Almeida Sales, Laura & Rangel Teixeira, Pâmela & Junqueira Ferraz Baracat, Patrícia & Almeida Soares, Mairkon. - Biológicas & Saúde – 2018
4. Pilates for Breast Cancer Survivors: Impact on Physical Parameters and Quality of Life After Mastectomy - Stan, Daniela L; Rausch, Sarah M, Sundt, Kathleen, Cheville, Andrea L, Youdas, James W e altri. - Clinical Journal of Oncology Nursing; - Pittsburgh Vol. 16, Fasc. 2, - Aprile 2012
5. Effects of Clinical Pilates Exercises on Patients Developing Lymphedema after Breast Cancer Treatment: A Randomized Clinical Trial-Hülya Özlem Şener, Mehtap Malkoç, Gülbin Ergin, Didem Karadibak, and Tuğba Yavuzşen- J Breast Health.- Gennaio 2017
6. Effectiveness of Pilates-based exercises on upper extremity disorders related with breast cancer treatment - A. Zengin Alpozgen, A. Razak Ozdincler ,Karanlik , F. Yaman Agaoglu, A.N. Narin- European Journal of cancer care - giugno 2016
7. To compare the effects of Pilates exercises and Conventional therapy on Upper Extremity Function and Quality of Life in women with breast cancer - Poonam P. Gajbhiye; Leena Deshpande - The Indian Journal of Occupational Therapy , Vol. 45 No. 1 - Gennaio 2013 / Aprile 2013
8. Pilates for women with breast cancer: A systematic review and meta-analysis – Arrate Pinto- Carrala, Antonio J.Molinab, Álvaro de Pedro, Carlos Ayán - Complementary Therapies in Medicine Volume 41 - Dicembre 2018
9. Pilates para mulheres com câncer de mama: revisão sistemática e metanálise - Roberta Costa Espíndula, Gabriella Barbosa Nadas, Maria Inês da Rosa, Charlie Foster, Florentino Cardoso de Araújo, Antonio Jose Grande -Rev. Assoc. Med. Bras. vol.63 no.11- São Paulo - Nov. 2017
10. Effect of 12 weeks of selected Pilates exercise training on serum adiponectin level and insulin resistance in female survivors of breast cancer and its role in prevention of recurrence - Akbar Azamian jazi, Behnam Ghasemi Mobarekeh , Zaynab Vismeh, Noshin Parsa Gohar - Scientific Journal of Kurdistan University of Medical Sciences – 2015
11. Improving muscular endurance with the MVE Fitness Chair™ in breast cancer survivors: A feasibility and efficacy study- Eric Martin, Claudio Battaglini, Dianne Groff, Fiona Naumann - Journal of Science and Medicine in Sport, Volume 16, Issue 4, - luglio 2013

e. RIABILITAZIONE NEUROLOGICA

Bibliografia

1. Pilates exercise training vs. physical therapy for improving walking and balance in people with multiple sclerosis: a randomized controlled trial - Alon , Uri Rosenblum, Anat Achiron - Clinical rehabilitation - 2017
2. Impact of Pilates Exercise in Multiple Sclerosis: A Randomized Controlled Trial. - Whitney R.D. Duff, Justin W Andrushko, Doug Renshaw, Philip D Chilibeck, Jonathan Peter Farthing, Jana Danielson, Charity D Evans - Medicine International journal of MS care - 2018
3. Pilates for people with multiple sclerosis: A systematic review and meta-analysis. -Miguel A Sánchez-Lastra, Daniel Martínez-Aldao, Antonio José Molina, Carlos Ayán –Medicine, Multiple sclerosis and related disorders - 1 February 2019
4. Improvements in cognition, quality of life, and physical performance with clinical Pilates in multiple sclerosis: a randomized controlled trial - Fadime Küçük, Bilge Yılmaz Kara, Esra Çoşkuner Poyraz, Egemen Idiman - Medicine, Journal of physical therapy science - 1 March 2016
5. Different types of exercise in Multiple Sclerosis: Aerobic exercise or Pilates, a single-blind clinical study - Bilge Yılmaz Kara, Fadime K, Esra Coşkuner Poyraz, Melda Soysal Tomruk, Egemen Idiman - Journal of back and musculoskeletal rehabilitation -2017
6. The effects of pilates on balance, mobility and strength in patients with multiple sclerosis - Arzu Guclu-Gunduz, Seyit Citaker, Ceyla Irkeç, Bijen Nazlielban, Hale Zeynep Batur-Caglayan - NeuroRehabilitation 34 337–342 DOI:10.3233/NRE-130957 – 2014
7. Effects of Pilates exercises on sensory interaction, postural control and fatigue in patients with multiple sclerosis. - Melda Soysal Tomruk, Muhammed Zahid Uz, Bilge Yılmaz Kara, Egemen Idiman - Psychology, Medicine Multiple sclerosis and related disorders - 2016
8. Pilates for people with multiple sclerosis who use a wheelchair: feasibility, efficacy and participant experiences. - Marietta L van der Linden, Catherine Bulley, Louise J. Geneen, Julie E. Hooper, Paula Beverley Cowan, Thomas H. Mercer –Medicine, Disability and rehabilitation - 2014
9. The effects of Mat Pilates and Reformer Pilates in patients with Multiple Sclerosis: A randomized controlled study. - I Bulguroglu, Arzu Guclu-Gunduz, Gulay Yazici, Cagla Ozkul, Ceyla Irkeç, Bijen Nazliel, Hale Zeynep Batur-Caglayan - NeuroRehabilitation 2017
10. Comparing the effects of eight week ball exercises in water and pilates on some muscle performance indices and mental health of women with MS. - Sadat Mousavian, A. - Iranian Journal of Obstetrics, Gynecology and Infertility. 21. 51-63. 10.22038/ijogi.2018.11797.- 2018
11. A comparison of 12 weeks of pilates and aquatic training on the dynamic balance of women with multiple sclerosis. - Marandi SM, Nejad VS, Shanazari Z, Zolaktaf V.- Int J Prev Med.;4(Suppl 1):S110-7. – Aprile 2013
12. Effect of 12-Week Pilates and Aquatic Training on Fatigue in Women with Multiple Sclerosis - Shanazari Zohreh, Marandi Seyed Mohammad, Minasian Vazgen – Medicine -2013
13. Pilates based core stability training in ambulant individuals with multiple sclerosis: protocol for a multi-centre randomised controlled trial Jennifer Freeman, Esther Fox , Margaret Gear, Alan Hough- Freeman et al. BMC Neurology 2012
14. Benefits of Pilates in Parkinson's Disease: A Systematic Review and Meta-Analysis -David Suárez-Iglesias,Kyle J. Miller, Manuel Seijo-Martínez, Carlos Ayán - Medicina (Kaunas) - 2019 Aug; 55(8): 476.
15. Effect of a Mat Pilates Program with TheraBand on Dynamic Balance in Patients with Parkinson's Disease: Feasibility Study and Randomized Controlled Trial - Mollinedo-Cardalda I, Cancela-Carral JM, Vila-Suárez MH - Rejuvenation Res. – Ottobre 2018
16. Pilates improves lower limbs strength and postural control during quiet standing in a child with hemiparetic cerebral palsy:A case report study - Adriana Neves dos Santos, Simoni Sayuri Serikawa, & Nelci Adriana Cicuto Ferreira Rocha - Posted online on September 2, 2014. (doi:10.3109/17518423.2014.947040)
17. Effect of Pilates Training on Alpha Rhythm - Zhijie Bian et al. - Hindawi Publishing Corporation Computational and Mathematical Methods in Medicine, Volume 2013
18. Delaying Mobility Disability in People With Parkinson Disease Using a Sensorimotor Agility Exercise Program - Laurie A King, Fay B Horak - Phys Ther. 2009 April; 89(4): 384–393. doi: 10.2522/ptj.20080214

f. RIABILITAZIONE DEL PAVIMENTO PELVICO

Bibliografia

1. Modified Pilates as an adjunct to standard physiotherapy care for urinary incontinence: a mixed methods pilot for a randomised controlled trial - Adi Lausen, Louise Marsland, Samantha Head, Joanna Jackson, and Berthold Lausen- BMC Womens Health. 2018; 18: 16.
2. A 12-Week Pilates Pelvic Floor Strengthening Program for Stress Urinary Incontinence Symptoms in Women: A Pilot Study - Rieck Thom, Hein Jane, Dunfee Heather, Johnson Danielle, Ferguson Jennifer, Rhodes Deborah - GREAT EXPECTATIONS IN WOMEN'S HEALTH RESEARCH, DOI:10.13140/RG.2.2.10766.00321- 2018/09/14
3. Impact of Clinical Pilates on Satisfaction With Life of Women With Urinary Incontinence - Ribeiro Santos Paula Clara, Lopes Sofia, Teixeira Ricardo, Macedo Carla, Azevedo Rogério, MesquitaCristina - Advances in Mental Health Studies - 2018/11/13 - DOI: 10.29290/AMHS.1.3.2018.2-23
4. Diminuição da dor em mulheres com dismenorrea primária, tratadas pelo método Pilates - Luana Macêdo de Araújo, José Mário Nunes da Silva, Weltianne Tavares Bastos, Patrícia Lima Ventura -Rev Dor. São Paulo, 2012 abr-jun;13(2):119-23
5. Pilates and pregnancy - Balogh A. - RCM Midwives. 2005 May;8(5):220-2.

h. RIABILITAZIONE GERIATRICA

Bibliografia

1. Pilates Exercise has Positive Long Term Effects on the Aged-Related Decline in Balance and Strength in Older, Community Dwelling Men and Women - Bird et al. - J Aging Phys Act, 2013 Aug 6
2. The Feasibility of performing resistance exercise with acutely ill hospitalized older adults - Laurie H Mallery, Elizabeth A MacDonald, Cheryl L Hubley-Kozey, Marie E Earl, Kenneth Rockwood, Chris MacKnight-BMC Geriatr. 2003

i. RIABILITAZIONE SPORTIVA

Bibliografia

1. The influence of core musculature engagement on hip and knee kinematics in women during a single leg squat - Matthew Shirey, Matthew Hurlbutt, Nicole Johansen, Gregory W. King, Steven G. Wilkinson, Donald L. Hoover
2. Med Sci Sports Exerc. 2012 Aug;44(8):1589-94.- Marked effects of Pilates on the abdominal muscles: a longitudinal magnetic resonance imaging study.-Dorado C, Calbet JA, Lopez-Gordillo A, Alayon S, Sanchis-Moysi
3. Atividade elétrica dos músculos oblíquos externos e multifídeos durante o exercício de flexoextensão do quadril realizado no Cadillac com diferentes regulagens de mola e posições do indivíduo - Jefferson F. Loss, Monica O. Melo, Cristina H. Rosa, Artur B. Santos, Marcelo La Torre, Yumie O. Silva - Rev Bras Fisioter, São Carlos, v. 14, n. 6, p. 510-7, nov./dez. 2010
4. Electrical activity of external oblique and multifidus muscles during the hip flexion extension exercise performed in the Cadillac with different adjustments of springs and individual positions - Jefferson F. Loss et al. - Rev. bras. fisioter. vol.14 no.6 São Carlos Nov./Dec. 2010
5. Análise da resistência externa e da atividade eletromiográfica do movimento de extensão de quadril realizado segundo o método Pilates – Silva IO et al. - Rev Bras Fisioter, São Carlos, v. 13, n. 1, p. 82-8, jan./fev. 2009
6. Muscle Activation During Four Pilates Core Stability Exercises in Quadruped Position - Bergson C. Queiroz et al.- Arch Phys Med Rehabil Vol 91, January 2010
7. Transversus Abdominis and Obliquus Internus Activity During Pilates Exercises: Measurement With Ultrasound Scanning - Irit Endleman, Duncan J. Critchley - Archives of Physical Medicine and Rehabilitation, Volume 89, Issue 11 , Pages 2205-2212, November 2008
8. Muscle activation during four Pilates core stability exercises in quadruped position – Queiroz, Cagliari, Amorim, Sacco - Arch Phys Med Rehabil. 2010 Jan;91(1):86-92.
9. Assessment of resistance torque and resultant muscular force during Pilates hip extension exercise and its implications to prescription and progression - Melo MO, Gomes LE, Silva YO, Bonezi A, Loss JF.- Rev Bras Fisioter. 2011 Jan-Feb;15(1):23-30

10. The Effect of Pilates Exercise on Trunk and Postural Stability and Throwing Velocity in College Baseball Pitchers: Single Subject Design - Tony English, Katherine Howe - N Am J Sports Phys Ther. 2007 February; 2(1): 8–21