

Impact of Pilates on Proprioception: A Review

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ABSTRACT

Proprioception, or the body's awareness of its location and motion in space, is essential for balance and general motor function. The effectiveness of proprioceptive training methods has drawn more attention in recent years, particularly when examining various physical fitness disciplines. Pilates is unique because it emphasises alignment, controlled movements, and core stability. In addition to increasing physical strength, this type of exercise promotes increased body awareness, which is crucial for the development of proprioception. Participating in Pilates can help people become more balanced and coordinated, which can improve their performance. To study the impact of Pilates on proprioception. To retrieve the literature about proprioception, the Cochrane Library, PubMed, and Google Scholar databases were consulted to get the literature on proprioception for the current review, which covered the period from July 2012 to November 2024. A total of 18 articles were deemed relevant for further inquiry. In conclusion, 10 articles have been selected and thoroughly examined as they satisfy the review inclusion criteria. Accordingly they have been selected and systematically reviewed. According to research, proprioceptive skills,

which are critical for preserving balance and body awareness, are greatly improved by Pilates exercises. Proprioception indicates that postural instability, a characteristic frequently seen in people with musculoskeletal diseases, can be effectively addressed by Pilates. Pilates treatments, demonstrating its wider influence on posture correction and proprioception. Together, these studies highlight Pilates' potential as an effective therapy for improving proprioceptive function in a variety of demographics. Pilates movements' role in enhancing proprioceptive awareness and muscle endurance. It has been discovered that the Pilates intervention improves proprioception more than the traditional balancing intervention. In conclusion, Pilates has shown substantial advantages in improving proprioception, especially because of its focus on body awareness and regulated movements. According to research, Pilates not only helps with stability and pain management, but it also strengthens the bond between the body and the mind and promotes a heightened awareness of one's body.

Keywords: Core stability, Musculoskeletal disease, Pain management, Physical fitness.