

# Pilates and Its Effective Intervention in Several Conditions: Scoping Review

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## ABSTRACT

**Introduction:** Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength and concentrate on posture balance and flexibility. Further it has emerged as safe intervention as it has much lesser risk of injury than other form of exercise. Pilates also focuses on mind body connection. Pilates has gained significant attention in recent years for its role in rehabilitation.

**Purpose:** This review aims to explore the effectiveness of Pilates and understand its scope in rehabilitation of patients.

**Methodology:** Articles were searched from 2020 to 2024 through electronic search engines such as PubMed, google scholar using the key words like Pilates, strength, principle of Pilates, core strength with various permutation and combinations. The studies published in English language and with full article were included in the review. Further, case studies and case series were excluded from the review process.

**Results:** There are 525 articles available out of which 40 articles matched with our exclusion and inclusion criteria with a total number of 623 participants. 8 cross-sectional studies reported its effectiveness in neurological conditions. 15 studies emphasised on its role in women's health. Moreover, 5 longitudinal studies reported positive effect on cardiorespiratory health. Apart from these 12 studies presented its impact on musculoskeletal, and sports condition.

**Conclusion:** Pilates is a valuable tool in the rehabilitation process, offering multiple benefits for recovery by promoting controlled movements and enhancing core stability, improving flexibility and body awareness.

**Implication:** This review has given overview on the impact of Pilates in various conditions which enable health care professionals to enhance their clinical services.

**Keywords:** Pilates, Strengthening, Core strength, Focus

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