A Beginners Guide to Pilates

“With body, mind and spirit functioning perfectly as a coordinated whole, what else could reasonably be expected other than an active, alert, disciplined person?”
- Joseph H. Pilates

Amy Bowman, OPTP Staff Writer - May 3, 2019

How to Choose a Foam Roller: 3 Features to Consider

So you’re going to get a foam roller? Seems like an easy enough decision to make. I mean, it’s a simple piece of foam, it can’t be that hard to figure out. But then you start looking at all the options out there, seeing the many different varieties. Pretty soon, it can become overwhelming.

Trying to decide which foam roller is best for you isn’t as easy as you might think, but it’s important. Choosing the right roller will help ensure...
**Pilates Method Alliance Conference: Definitely Epic**

The 17th Annual Meeting of the Pilates Method Alliance, held October 25-28, lived up to its claim of being “One Epic Pilates Conference.” From the amazing Indian Wells, California venue to a packed agenda, we take a look back at some of the event’s highlights.

A Fusion of Sport and Pilates

Josh Crane, OPTP Staff Writer - November 6, 2017

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**The 3 Most Common Running Injuries & How to Treat Them**

Whether you run to reduce stress, beat the clock, or attain a leaner figure, it’s a lifestyle that’s hard to give up...even in the face of injury.

Over one-third of runners sustain at least one soft tissue injury over the course of a year.1 2 The following three types of injuries are some of the most common, and ones that you’ll likely experience at some point if you haven’t already. But don’t fear, we’ve identified therapy products for each.

Josh Crane, OPTP Staff Writer - July 31, 2017

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**Tools to Improve the Practice: ActivMotion Bar®**

The Bar and its *Activating Functional Mobility* book provide a host of effective exercises for physical therapy patients.

When I first picked up an ActivMotion Bar®, I was instantly intrigued. So many ideas came into my head, I spent a few hours testing it out and I was instantly hooked. I brought it to work the next day and started integrating the Bar into the exercise programs of many of my patients – those

Nicole R. Bushong, PT, DPT, RYT-200 - June 1, 2017
3 Amazing Pilates Props You Need to Try

When Joseph Pilates first administered his exercise regimen in early 1900s Germany, it was practiced mainly by soldiers returning from war. Much has changed since those beginning days, but the method continues to be admired by many all over the world. More and more people today are discovering the benefits of Pilates, an exercise discipline that inspires focused, controlled movements.

Josh Crane, OPTP Staff Writer - May 31, 2017

3 Foam Roller Exercises You Need to Try

Sure, the word on the street is out that foam rollers are great for self-massage, myofascial release, reducing muscle soreness, and increasing flexibility. But how many times have you thought about using a foam roller during exercise, as opposed to preparation for it or recovery from it afterward?

Josh Crane, OPTP Staff Writer - May 31, 2017
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