

Einige Literaturnachweise (Stand: März 2017)

Die nachfolgenden Publikationen wurden von uns zusammengestellt. Hier können sich Interessierte weitere Informationen über das Pilates einholen. Einige Studien sind auch kostenfrei einsehbar.

Şener HÖ, Malkoç M, Ergin G, Karadibak D, Yavuzşen T.

Effects of Clinical **Pilates** Exercises on Patients Developing Lymphedema after Breast Cancer Treatment: A Randomized Clinical Trial. *J Breast Health* (2013). 2017 Jan 1;13(1):16-22. doi: 10.5152/tjbh.2016.3136. eCollection 2017 Jan 1. (Free article)

Kim ST, Lee JH.

The effects of **Pilates** breathing trainings on trunk muscle activation in healthy female subjects: a prospective study. *J Phys Ther Sci*. 2017 Feb;29(2):194-197. doi: 10.1589/jpts.29.194. Epub 2017 Feb 24.

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Effects of feedback-based balance and core resistance training vs. **Pilates** training on cognitive functions in older women with mild cognitive impairment: a pilot randomized controlled trial. *Aging Clin Exp Res*. 2017 Mar 1. doi: 10.1007/s40520-017-0740-9. [Epub ahead of print]

Hasanpour-Dehkordi A, Dehghani A, Solati K.

A Comparison of the Effects of **Pilates** and McKenzie Training on Pain and General Health in Men with Chronic Low Back Pain: A Randomized Trial. *Indian J Palliat Care*. 2017 Jan-Mar;23(1):36-40. doi: 10.4103/0973-1075.197945. (Free article)

Yoon S, Kim JN, Lim HS.

Effects of modified **Pilates** on variability of inter-joint coordination during walking in the elderly. *J Phys Ther Sci*. 2016 Dec;28(12):3463-3467. doi: 10.1589/jpts.28.3463. Epub 2016 Dec 27.

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Increased strength of the scapular stabilizer and lumbar muscles after twelve weeks of **Pilates** training using the **Reformer machine**: A pilot study. *J Bodyw Mov Ther*. 2017 Jan;21(1):74-80. doi: 10.1016/j.jbmt.2016.05.005. Epub 2016 Jun 1.

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The effect of the clinical **Pilates** exercises on kinesiophobia and other symptoms related to osteoporosis: Randomised controlled trial. *Complement Ther Clin Pract*. 2017 Feb;26:68-72. doi: 10.1016/j.ctcp.2016.12.001. Epub 2016 Dec 8.

Lin HT, Hung WC, Hung JL, Wu PS, Liaw LJ, Chang JH.

Effects of **Pilates** on patients with chronic non-specific low back pain: a systematic review. *J Phys Ther Sci*. 2016 Oct;28(10):2961-2969. Epub 2016 Oct 28. Review.

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The effectiveness of **Pilates** on balance and falls in community dwelling older adults.

J Bodyw Mov Ther. 2016 Oct;20(4):815-823. doi: 10.1016/j.jbmt.2016.02.003. Epub 2016 Feb 10.

Oliveira LC, Oliveira RG, Pires-Oliveira DA.

Comparison between static stretching and the **Pilates** method on the flexibility of older women. J Bodyw Mov Ther. 2016 Oct;20(4):800-806. doi: 10.1016/j.jbmt.2016.01.008.

Epub 2016 Feb 3.

Roh SY.

Effect of a 16-week **Pilates** exercise program on the ego resiliency and depression in elderly women. J Exerc Rehabil. 2016 Oct 31;12(5):494-498. eCollection 2016 Oct 31.

Kibar S, Yardimci FÖ, Evcik D, Ay S, Alhan A, Manço M, Ergin ES.

Can a **pilates** exercise program be effective on balance, flexibility and muscle endurance? A randomized controlled trial. J Sports Med Phys Fitness. 2016 Oct;56(10):1139-1146. Epub 2015 Oct 16.

Franco KM, Franco YD, Oliveira NB, Miyamoto GC, Santos MO, Liebano RE, Cabral CN.

Is Interferential Current Before **Pilates** Exercises More Effective Than Placebo in Patients With Chronic Nonspecific Low Back Pain?: A Randomized Controlled Trial. Arch Phys Med Rehabil. 2017 Feb;98(2):320-328. doi: 10.1016/j.apmr.2016.08.485. Epub 2016 Oct 19.

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The effects of the **Pilates** method in the elderly: a systematic review. Rev Bras Reumatol Engl Ed. 2016 Jul-Aug;56(4):352-65. doi: 10.1016/j.rbre.2016.05.005. Epub 2016 Jun 1.

English, Portuguese.

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Results of a **Pilates** exercise program in patients with chronic non-specific low back pain: A randomized controlled trial. Clin Rehabil. 2016 Jun 3. pii: 0269215516651978. [Epub ahead of print]

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The effectiveness of **Pilates** for partial anterior cruciate ligament injury. *Knee Surg Sports Traumatol Arthrosc.* 2015 Aug 1. [Epub ahead of print]

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The Effects of a **Pilates**-Based Exercise Rehabilitation Program on Functional Outcome and Fall Risk Reduction in an Aging Adult Status-Post Traumatic Hip Fracture due to Fall. *J Geriatr Phys Ther* 2013 Nov 25.

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