

WHAT'S IN A CLASS

Pilates is a low-impact exercise method that improves physical and mental health through body control and teaches how to use muscles more efficiently. It focuses on building strong abdominal and postural muscles. Pilates increases agility, flexibility and range of motion while toning and improving posture.

Pilates is said to be a complementary therapy, with exercises that directly counter the effects of Parkinson's Disease with the body and mind.

Symptoms in PD are not uniform although it is characterized by four main motor symptoms: tremor, bradykinesia, postural instability and rigidity. Non-motor symptoms include cognitive impairment, mood disorders, sleep difficulties, loss of sense of smell, constipation, speech and swallowing problems, drooling and low blood pressure.



PARKINSON'S & PILATES

OUR MISSION

The Parkinson's Exercise and Wellness Center provides Parkinson's patients and others suffering from neurologically-based "movement disorder diseases" exercises for a stronger body, education and resources for a stronger mind, and camaraderie and support for a stronger spirit.

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CENTERING.
CONCENTRATION. CONTROL.
PRECISION. BREATH. FLOW.

Pilates, originally called Contrology, was inspired by yoga, martial arts and the human anatomy. The principles of Pilates never change as relaxation, alignment, control, precision, routine, breathing, centering and flowing movement are pivotal. Classes are a mix of seated, standing, and chair work that are dedicated to enrichment, education and empowerment. This program is more approachable for people who don't regularly exercise.

To better serve those with Parkinson's Disease, The Parkinson's Exercise and Wellness Center is a fully dedicated facility with multifaceted certified instructors. While the focus is the exercise, the center also hosts monthly social events for boxers and their families as well as hold quarterly support group meetings.



WHO WE ARE



PD & PILATES

Targeted exercise programs are a key part of managing Parkinson's Disease. Pilates is a mind-body exercise technique that emphasizes controlled movement patterns, postural alignment, functional breathing and core stability (Wescombe).

Pilates helps loosen the muscles involved in breathing while teaching proper technique, alleviating anxiety and promoting a feeling of well-being. Through the use of flexion, extension, lateral movement and rotation, Pilates helps the Parkinson's participant increase spinal mobility to ease some of the back problems associated with the disease.

Wescombe, Scott. "The Benefits of Pilates for Parkinson's Disease Patients." National Parkinson Foundation, 2018, www.bestbody.com.au.

- Improve brain-body integration - If the central nervous system is functioning well, the messages the brain sends through the spine and surrounding muscles will work more effectively, helping with motor function.

- Strengthens the mind-body connection through syncing breath and movement.

- Enhance balance through strengthening the core and realigning the spine, reducing the number of falls and injuries.

- Align the posture through thoracic mobility, back muscle strength and overall balance. Good posture and a stable trunk improves digestion and helps the organs work more efficiently.

- Removes stress and promotes relaxation, stretching muscles, release tension and pain, and can trigger natural sleep responses.

BENEFITS

