



How is Pilates Different From Other Forms of Exercise?

- Focuses on postural symmetry
- Trains whole body rather than isolated muscle groups
- Develops full body strength & flexibility
- Strengthens through complete range of motion of all joints
- Integrates upper & lower extremity strengthening with core abdominal and spinal stability
- Develops equal strength ratios between opposing muscle groups
- Develops mind/body control

Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Vision

Jackson County Physical Therapy aspires to improve the quality of life for our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

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Pilates Based Rehab



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What is Pilates?

Pilates is a system of exercise developed by Joseph Pilates in the early-mid 1900s. Throughout his life, Pilates designed hundreds of exercises to improve core strength, flexibility, balance, coordination, efficiency, and posture. Exercises can be performed on a mat and on various pieces of equipment. Pilates principles of concentration, control, centering, flow, precision, and breathing can be carried over into all activities.



What are the benefits of using Pilates as an adjunct to physical therapy?

- Physical therapists have utilized Pilates-based exercise for years in the rehabilitative setting for a broad spectrum of orthopedic impairments.



- Research demonstrates improvements in low back and hip pain when Pilates is done with a physical therapist. Patients undergoing total knee and hip replacement also benefit from Pilates-based exercises. Improved back, hamstring, and shoulder flexibility may also be achieved with the use of Pilates.

What are the benefits of using Pilates as an adjunct to physical therapy?

- Exercises can be performed in multiple positions either on a mat or on an apparatus. Smaller apparatus such as balls and bands can also be incorporated to make appropriate adjustments.



- Because it is a system of exercise that focuses on full-body conditioning, Pilates can uncover isolated weaknesses, postural asymmetries, and muscle imbalances that have an effect on biomechanics throughout the body.