Pilates References

*Updated Aug 2019

Compiled by PMA® Research Committee Chair:
Sherri Betz, PT, DPT, GCS, CEEAA, NCPT
Meta Analyses and Systematic Reviews (30)


Literature Reviews (3)


Randomized Controlled Trials (103)


Kovach MV. (2013) Effects of Pilates and aqua fitness training on older adults’ physical functioning and quality of life. *Biomedical Human Kinetics* 5, 22-27. (Randomized Controlled Trial)

Kucukcakir N, et al. (2013) Effects of Pilates exercises on pain, functional status and quality of life in women with postmenopausal osteoporosis. *J Bodyw Mov Ther* 17(2): 204-211. (Randomized Controlled Trial)


Marandi SM, et al. (2013) A comparison between Pilates exercise and aquatic training effects on muscular strength in women with Multiple Sclerosis. *Pakistan Journal of Medical Sciences* 29(1 SUPPL.): 285-289. (Randomized Controlled Trial)


Quinn K, et al. (2011) Do patients with chronic low back pain benefit from attending Pilates classes after completing conventional physiotherapy treatment? *Physiotherapy Practice and Research* 32(1):5-12. (Randomized Controlled Trial)


Non-Randomized Controlled Trials (13)


Rogers K & Gibson AL (2009) Eight-Week Traditional Mat Pilates Training-Program Effects on Adult Fitness Characteristics. *Research Qtr Ex Sport* Sept; 80(3):569-574. (Non-Randomized Controlled Trial)

Descriptive, Observational and Pre-Post Design Studies (69)


**Case Reports (8)**


**Expert Opinions and Editorials (16)**


