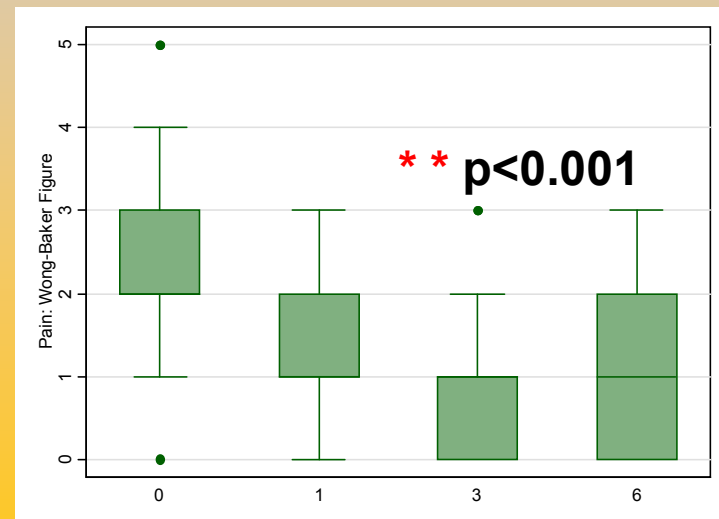


# SPINE Pilates™

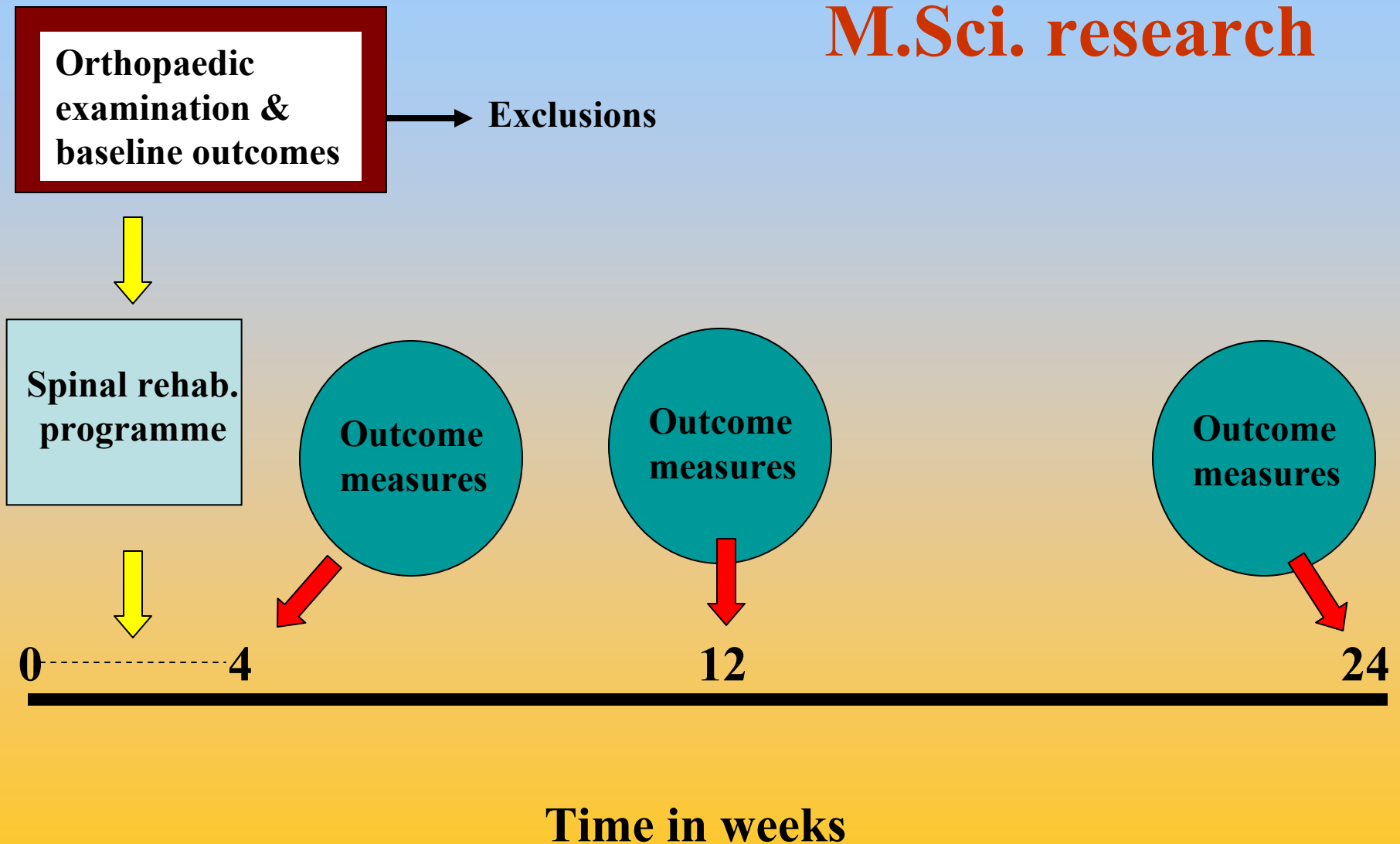
A scientific, researched based approach to therapeutic exercise for back pain



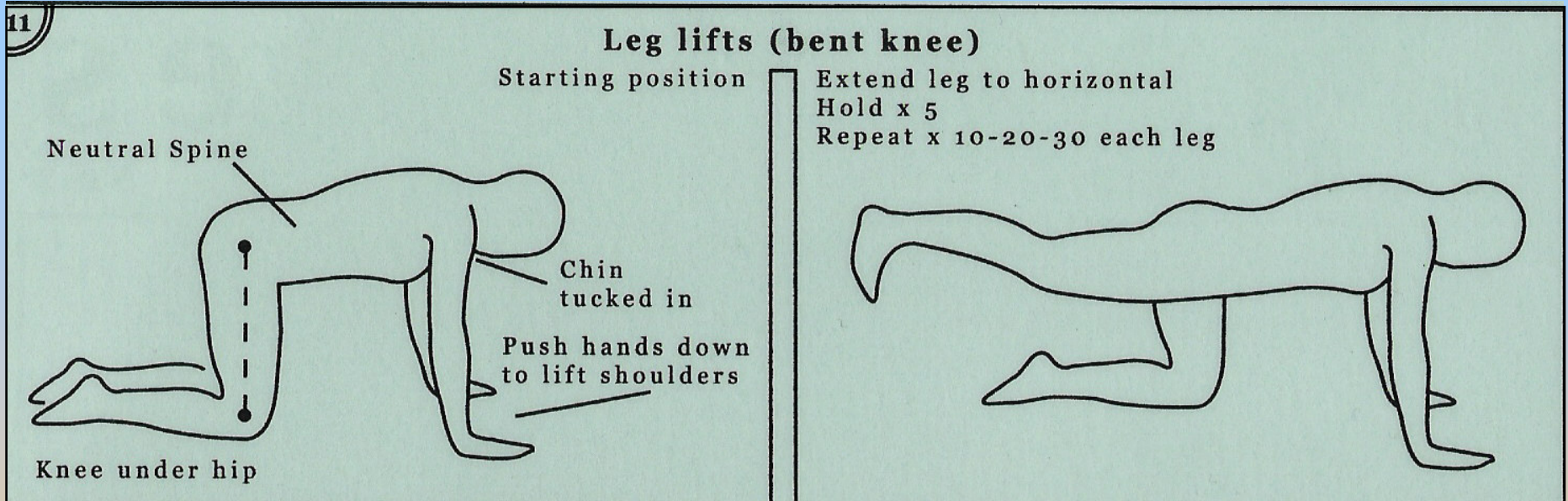


**Physiotherapist designed, instructed and supervised exercise**

# Study Design for M.Sci. research



# The FITT principle



**F** – Frequency

Twice per week for 4 weeks

**I** – Intensity

Low intensity endurance exercises

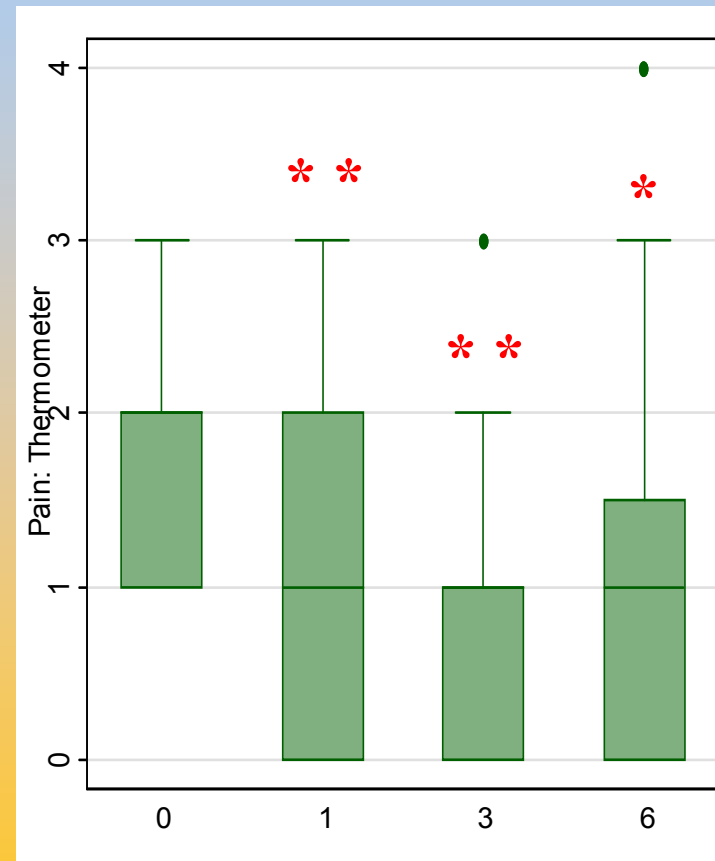
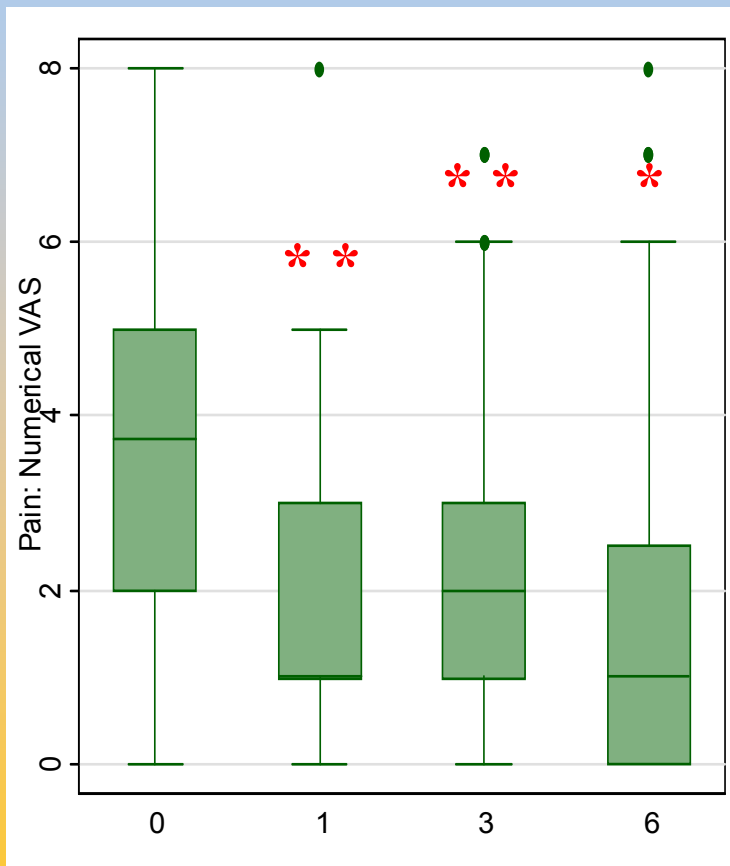
**T** – time

1 hour

**T** – Type

Therapeutic exercises for core stability, neural mobilisation & posture re-education

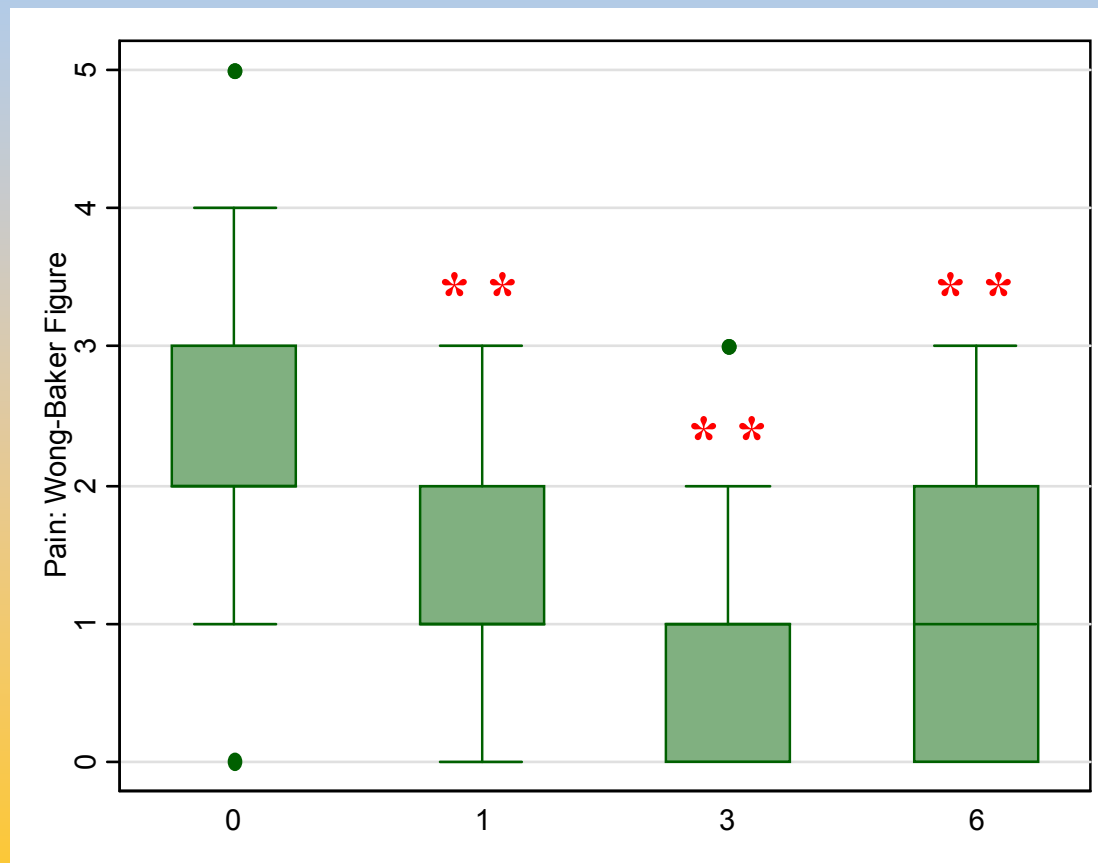
# Change in numerical and verbal pain scales over time



\*  $p < 0.05$

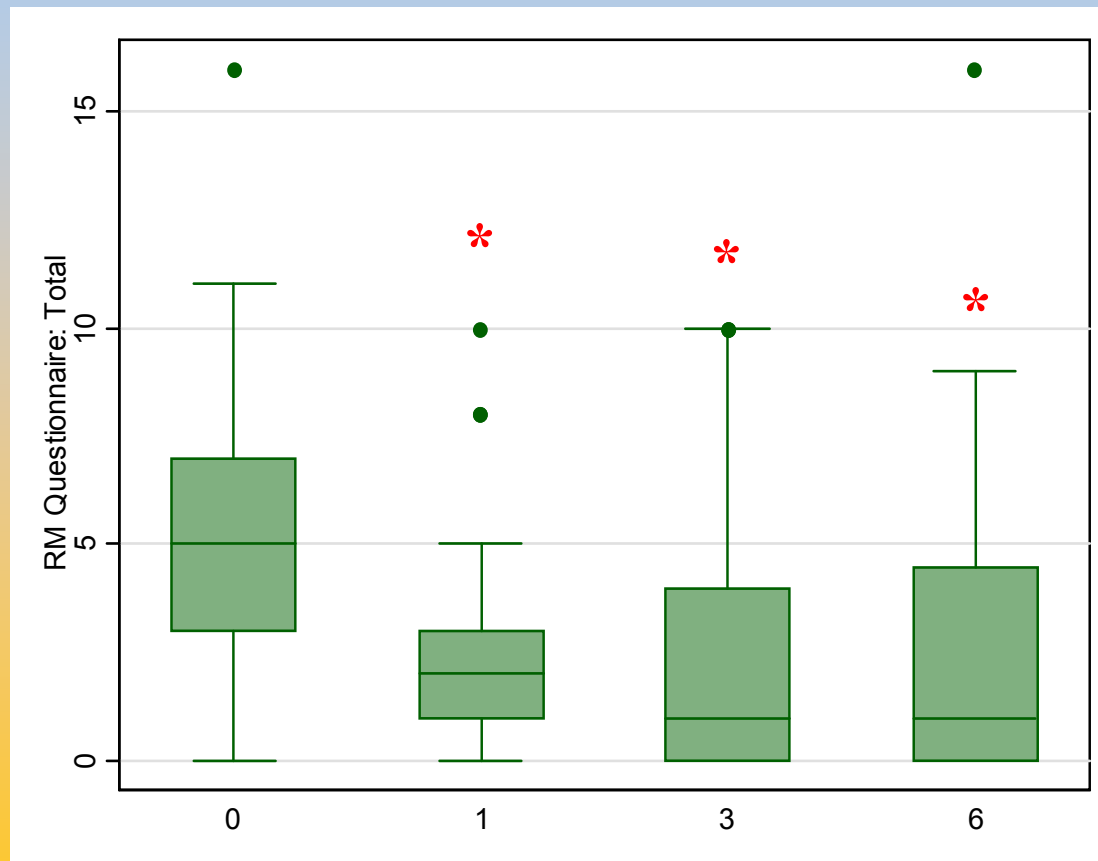
\*\*  $p < 0.001$

# Change in visual pain scale over time



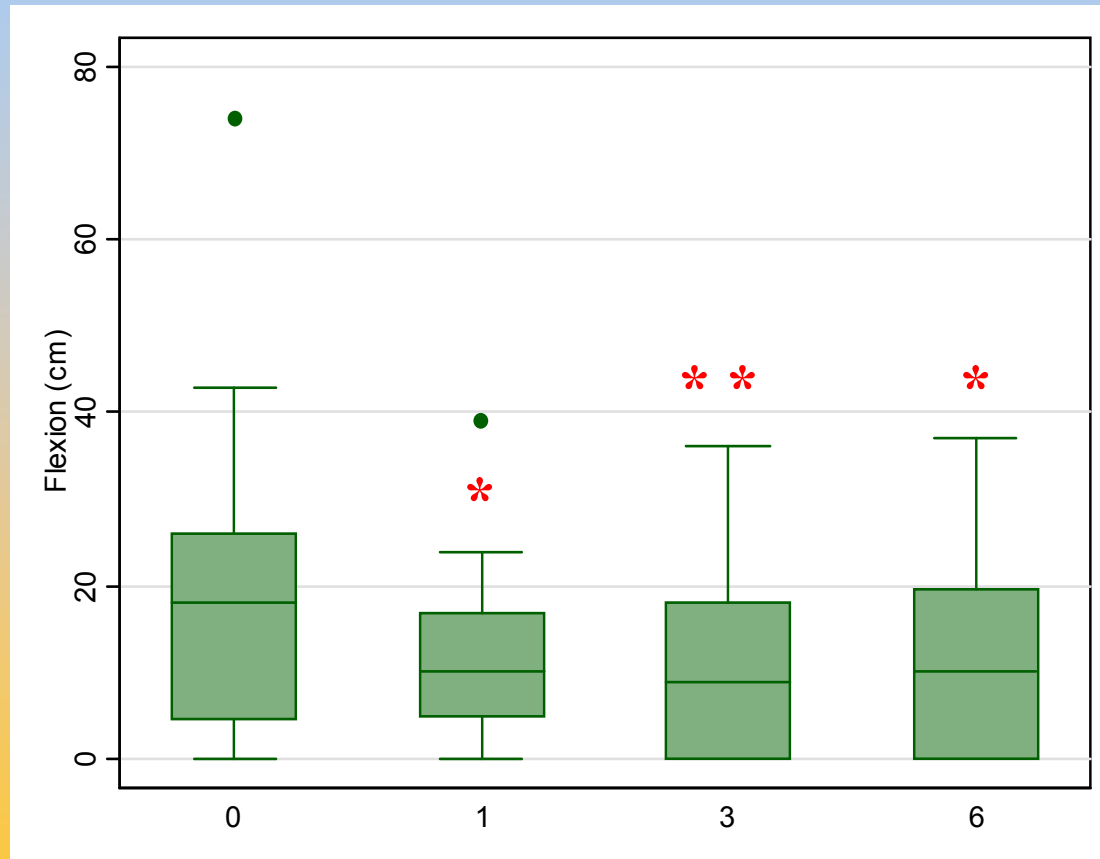
\*\*\* p<0.001

# Change in Roland Morris disability score over time



\*p<0.001

# Change in flexion over time



\*  $p < 0.05$

\*\*  $p < 0.01$



# Correlation of 3 pain scales

