



Motion on Mainstreet

A Division of Colorado Center for Physical Therapy

“Supporting your goal of achieving a healthier, stronger body”

2329 West Main Street #211 Littleton, Colorado 80120

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www.MotionOnMainstreet.com

Clinical Pilates Applications – Specialty programs for people who have experienced stroke, multiple sclerosis, chronic fatigue, scoliosis or other neuromuscular Challenges

Sensory-motor Amnesia is a term that describes the brain's diminished ability to accurately monitor movement patterns and its decreased ability to sense or feel a certain area of the body. As an example, if a person is asked to slowly rotate their head from side to side, an observer may see that there are jerks and pauses in the motion as it occurs. Coupled with the breakdown of smooth, graceful movement, muscle tension or weakness will also be present. If there is muscle tension, it is most likely because the brain has lost awareness of the normal resting position of the muscles involved. This leads to postural distortions, poor movement patterns and pain. In conjunction, the person will have a reduced ability to sense or feel the effected area. This means that the brain has difficulty monitoring perception of touch and also has difficulty sensing where a body part such as the arm & hand are as they are moved in space.

Rehabilitative Pilates works toward correcting these problems by re-training the neuromuscular system (re-patterning) and “re-awakening the mind's control over movement, flexibility and health”. This is accomplished by giving the patient active movement practices that are designed to help restore graceful movement, teach diaphragmatic breath training, and place emphasis on maintaining core stability. When ready, the Pilates therapist will help the person transition to resistive exercises which also integrate functional movement, diaphragmatic breathing and core stabilizing practices.

The Rehabilitative Pilates approach integrates floor or mat table work and specialized equipment such as the Pilates Reformer, an ingenious exercise device that adds fun, challenge, and versatility to the Pilates experience. Each person who participates will receive a personalized program that will give the best chance for success and allow the person to attain their goals. Your safety and success will be our paramount concern.

More About Motion on Mainstreet – www.MotionOnMainstreet.com

Motion on Mainstreet is much more than a Pilates fitness studio. Our instructors are adept at Rehabilitative Pilates which expands on our fitness approach. A Pilates instructor who rehabilitates patients with injuries must have in-depth knowledge of kinesiology (the science of movement), body mechanics, and posture.

As a result of continuing education and our connection with the **Colorado Center for Physical Therapy's** physical and neuromuscular massage therapy programs, we are experienced at working with a wide spectrum of pain conditions and rehabilitation challenges.

More About Colorado Center for Physical Therapy – www.ColoradoCenter4PT.com

Serving South-metro Denver for 18 years, the **Colorado Center for Physical Therapy** provides traditional & natural health rehabilitation services to people of all ages. We enjoy keeping homemakers, office professionals, students, and athletes at the top of their game. We support seniors with high quality fitness and flexibility programs, teach prevention, and provide clients with high quality home exercise programs.

**For more information about Motion on Mainstreet and Colorado Center for Physical Therapy
Call us today at 303-797-4828**

“Blending the best of natural healthcare with cutting edge science and technology”