

Motion on Mainstreet

A division of Colorado Center for Physical Therapy

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

2329 West Main Street #107 Littleton, Colorado 80120

303-797-0988

Fax: 303-797-8011

www.MotionOnMainstreet.com

Clinical Pilates Applications

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 also means that the brain has difficulty monitoring perception of touch, as well as where a body part such as the arm and hand are in space as they are moved.

Rehabilitative Pilates works toward correcting these problems by re-training the neuro-muscular system (re-patterning) and “re-awakening the mind's control over movement, flexibility and health”. This is accomplished by giving the patient passive or active movement practices that are designed to restore graceful movement, teach the diaphragmatic breath, 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.*

Our Professional Pilates Staff

- Lea-Ann McMillan
- Amy Wall
- Sheila Bryant
- Rachel Stamey

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 23 years, the **Colorado Center for Physical Therapy** has been systematically building its Pilates program for the past 15 years. When the opportunity arose to expand into a spacious professional studio that provided Main Street exposure in Olde-Town Littleton – **Motion on Mainstreet** studio was started.

**For more information about Motion on Mainstreet and Colorado Center for Physical Therapy
Call us today at 303-797-0988**

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