

## Motion on Mainstreet

A division of Colorado Center for Physical Therapy

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

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[www.MotionOnMainstreet.com](http://www.MotionOnMainstreet.com)

## Pilates for a Healthy Pregnancy

Many OB/GYN's agree that when skillfully applied, Pilates is the most beneficial exercise during pregnancy as well as in the month's immediately following the birthing process. With professional instruction, Pilates can reduce incidence of backache, improve energy levels, and help the expecting mother maintain optimal weight. Pilates exercise also safely builds then maintains muscle strength and flexibility. Because Pilates is a non weight bearing exercise approach, it can be applied during all stages of pregnancy and can be custom tailored to meet each individuals needs.

For example, many women sense and feel postural changes as the baby grows. The lower back muscles commonly become shortened (hypertonic) causing pain in the back and tightness in the shoulder muscles. The custom tailored Pilates program addresses these postural changes and also focuses on toning the pelvic floor muscles used during the delivery process.

### **PILATES BENEFITS ALL STAGES OF PREGNANCY**

- **Optimizing structural stability, core strength, posture and muscular control for the best possible pre and post natal outcome**
- **Emphasis is placed on breath control to help with relaxation** and focused neuromuscular movement.
- In addition to decreased pain, more energy, better weight gain control, optimal breath training, and improved muscle tone and flexibility, **Pilates allows women to feel empowered during a time when their bodies are undergoing important and remarkable change.**
- After the baby is born, the customized Pilates program is resumed for an easier and healthier recovery. Enhanced recovery occurs because the body is already conditioned through participating in a consistent Pilates exercise program throughout the pregnancy. **This is where the program really pays off.**

### **Our Professional Pilates Staff**

- LeaAnn Born McMillan
- Sheila Bryant
- Amy Wall
- Rachel Stamey

### **More About Motion on Mainstreet – [www.MotionOnMainstreet.com](http://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 helps rehabilitate 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](http://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**