



Hit the Jackpot! Research Round-Up

Presented by Julie Brown

Julie.craven.brown@gmail.com

(415) 517- 4916

We know that Pilates is great—it is for every body, but what does science say about its efficacy?

Current research study findings (within the last 5+ years) prove Pilates is recommended by scientists, doctors, therapists and athletic trainers for stability and strength gains, injury prevention, rehabilitation, special populations - and much more.

All studies are listed below but have limited access due to publication subscriptions. If you would like a full copy of a specific study, please email me and I will send it to you.

PART I – Pilates-Specific Summaries & Reviews

1. Defining Pilates Exercise: A Systemic Review (*Complementary Therapies in Medicine*, Cherie Wells et al., 2012)
2. Is Pilates an Effective Rehabilitation Tool? A Systemic Review (*Journal of Bodywork & Movement Therapies*, Keira Byrnes, 2018)
3. Effectiveness of Pilates Exercise on Low-Back Pain: A Systemic Review with Meta-Analysis (*Disability and Rehabilitation*, Antonino Patti et al., 2024)
4. Best Exercise Options for Reducing Pain and Disability in Adults with Chronic Low Back Pain: Pilates, Strength, Core-Based and Mind-Body (*Journal of Orthopedic & Sports Physical Therapy*, R Fernandez-Rodriguez et al., 2022)
5. Effectiveness of Pilates and Yoga to Improve Bone Density In Adult Women: A Systematic Review and Meta-Analysis (*Plos One*, 2021, Ruben Fernandez et al.)

PART 2– Pilates-Specific Studies

6. Effects of Pilates Exercise on Trunk Strength, Endurance and Flexibility in Sedentary Adult Females (*Journal of Bodywork and Movement Therapies*, Betul Sekendiz et al., 2007)
7. Effect of a 3 Month, Low Load, High Repetitions Group-Based Exercise Program Versus Pilates Fitness and Body Composition in Inactive Women (*Journal of Bodywork and Movement Therapies*, Christiana Evangelou, 2021)

8. Effects of 60 Versus 30 Minutes of Pilates Exercise on Cervicothoracic Alignment, Muscle Strength, and Endurance in University Students with Upper Crossed Syndrome (*Journal of Clinical Medicine*, Woo-Lim Mun et al., 2024)
9. Effects of Stretching in a Pilates Program on Musculoskeletal Fitness: A Randomized Clinical Trial (*BMC Sports Science, Medicine and Rehabilitation*, Alex Lopes dos Reis et al., 2024)
10. Kinetic Effects of 6 Weeks' Pilates or Balance Training in College Soccer Players with Chronic Ankle Instability (*International Journal of Environmental Research and Public Health*, Quan Jiang et al. 2022)
11. Impact of Pilates Mat-Based Exercises on Knee Kinematics During Running (*Journal of Bodyweight and Movement Therapy*, Jaime Gonzalez, 2023)
12. The Effects of a Pilates Training Program on an Arm-Trunk Posture and Movement (*Clinical Biomechanics*, Kim Emery et al., 2009)
13. Pilates for Improvement of Muscle Endurance, Flexibility, Balance and Posture (*Journal of Strength and Conditioning Research*, June A. Kloubec, 2010)
14. Randomized Controlled Study on The Effects of Pilates Exercises in Soccer: Comparing Mat and Reformer Methods on Physical and Technical Performance (*Plos One*, Osman Yilmaz, 2025)
15. The Effectiveness of Pilates for Partial Anterior Cruciate Ligament Injury (*Knee Surg Sports Trauma Arthrosc.*, Derya Celik et al., 2015)
16. The Effects of Pilates on Pain, Functionality, Quality of Life, Flexibility and Endurance in Lumbar Disc Herniation (*Journal of Comparative Effectiveness Research*, Gulsan Taspinar et al., 2023)
17. Effects of Reformer Pilates on Body Composition, Strength and Psychosomatic Factors in Overweight and Obese Women: A Randomized Controlled Trial (*Scientific Reports*, Ozge Gokalp & Berkiye Kirmizigil, 2025)
18. Exploring the Influence of Leadership Styles on Psychological Well-Being and Satisfaction of Pilates Classes Clients (*BMC Sports Science, Medicine and Rehabilitation*, Youngmi Kim, 2024)
19. Not Only Static: Stabilization Maneuvers in Dynamic exercises: A Pilot Study. Abdominal Hallowing Versus Abdominal Bracing (*Plos One*, Giedrė Vaičienė et al., 2018)
20. The Effects of Therapeutic Hip Exercise with Abdominal Core Activation on Recruitment of the Hip Muscles (*BMC Musculoskeletal Disorders*, Mandy KY Chan, 2017)

Appendix: Miscellaneous Studies and Findings