





# FORM AND FUNCTION

## A Path to Healthy Movement With Pilates

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# How Form Relates To Function



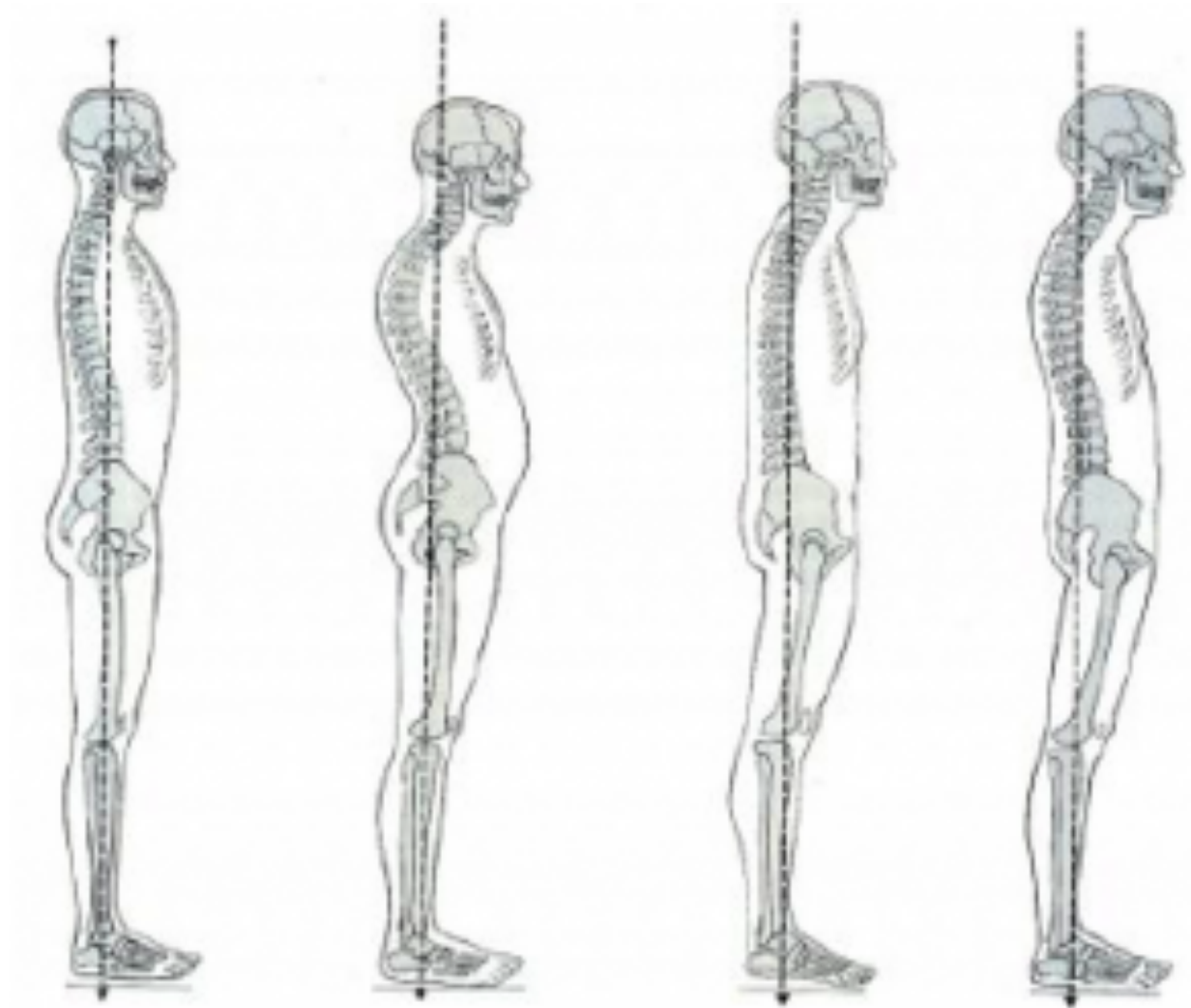
Good form reinforces good posture and aligns us with gravity

Good form addresses imbalances in the body

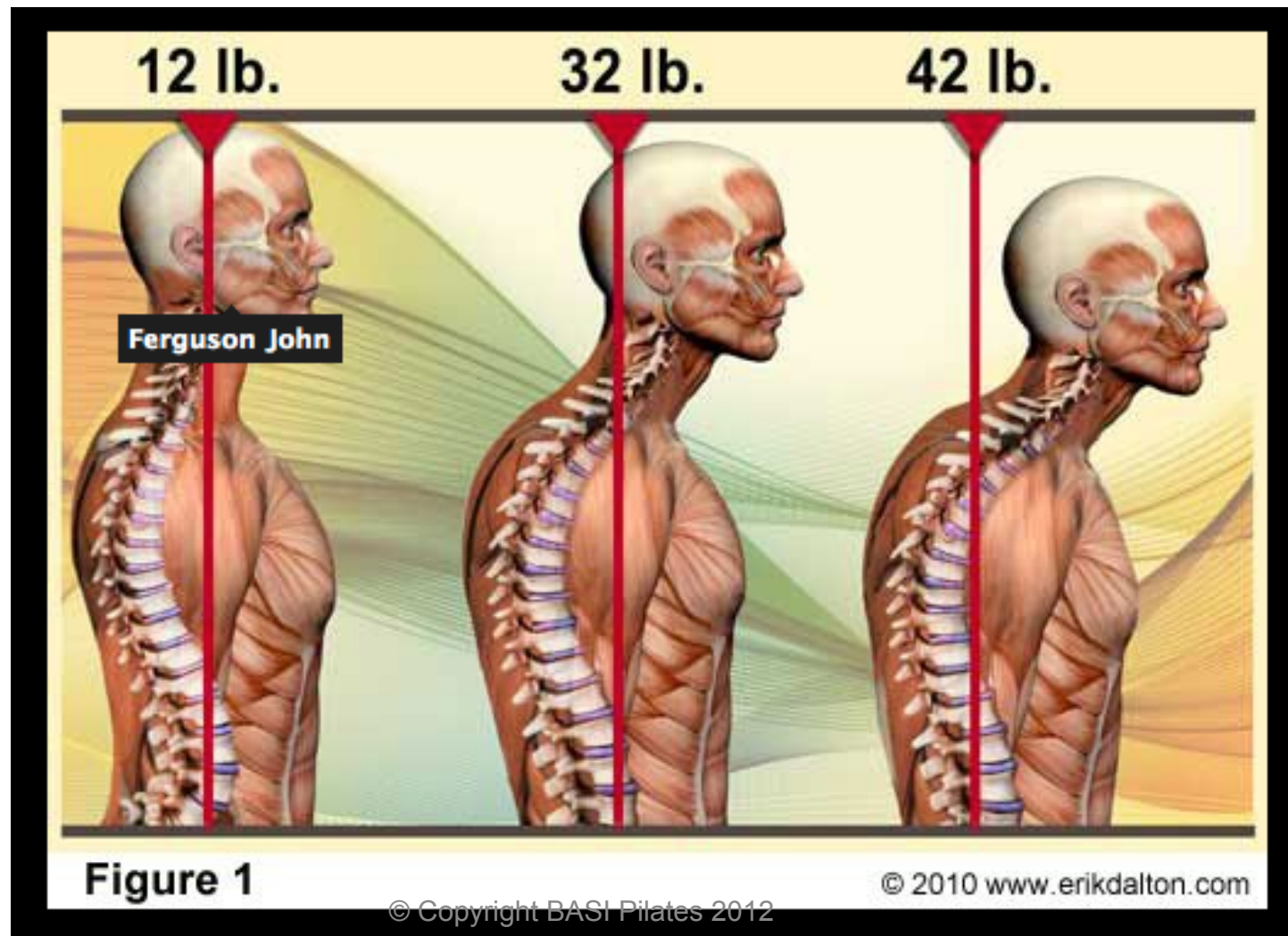
Good form instills efficiency in movement and a sense a flow

Good form fortifies the mind/body connection

# Posture



# Load On The Spine



# Common Issues To Address



Pelvic placement

Spinal support

Round shoulder syndrome

Shoulder/elbow/hand alignment

Hip/knee/foot alignment



# Analyzing Form in Select Movements



# Pelvic Placement





# Pelvic Placement



Roll down (Couples)

Knee stretch single leg (Mat)

Pelvic curl single leg (Wunda chair single leg)

Semi circle (Avalon chair)

Knee stretch reverse/Single leg (Reformer)



# Spinal Stability



# Spinal Support



Hip circles (Mat)

Corkscrew advanced (Avalon step barrel)

Long stretch push up (Wunda chair)

Balance control front push up (Reformer)

Roll up bottom loaded (Cadillac)



# Round Shoulder Syndrome



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# Round Shoulder Syndrome



Leg pull back prep (Mat)

Hug a tree roll back (Avalon step barrel)

Rhomboid (Avalon chair)

Long back stretch prep (Reformer)

Hanging back pull up (Cadillac)

# Shoulder/Elbow/Hand Alignment



# Shoulder/Elbow/Hand Alignment



Cat stretch spinal roll (Mat)

Shoulder push single arm (Reformer)

Frog back pumps (Wunda Chair)

Overhead press (Avalon step barrel)

Biceps standing (Avalon chair)





# Hip/knee/foot Alignment



# Hip/Knee/Foot Alignment



Single leg press (Wunda Chair/Couple)

Hip extension standing (Avalon Chair)

Standing leg press (Reformer)

Squats single leg (Cadillac)

Squats (Avalon barrel)

# Form and Function



Based on the BASI® Block System



MAT	REFORMER	WUNDA CHAIR	NOTES
Roll down (couples)	Knee stretch reverse single leg	Pelvic curl single leg	
Knee stretch single leg	Balance control front push up	Long stretch push up	
Hip circles	Long back stretch prep	Frog back pumps	
Leg pull back prep	Shoulder push single arm	Single leg press	
Cat stretch spinal roll	Standing leg press		
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# Form and Function



Based on the BASI® Block System



AVALON CHAIR	AVALON STEP BARREL	CADILLAC	NOTES
Semi circle	Corkscrew advanced	Roll up bottom loaded	
Rhomboid	Hug a tree with roll back	Hanging back/Pull up	
Biceps standing	Overhead press	Squats/Single leg	
Hip extension standing	Squats		
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**Align with gravity – it's  
the only place to be!**

**THANK YOU!**