

Q. What is the STOTT PILATES® Method?

A. STOTT PILATES is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. Co-founders Moira and Lindsay G. Merrithew, along with a team of physical therapists, sports medicine and fitness professionals, have spent over two decades refining the STOTT PILATES method of exercise and equipment. This resulted in the inclusion of modern principles of exercise science and spinal rehabilitation, making it one of the safest and effective methods available. This clear and detailed approach forms the basis for STOTT PILATES training and certification programs. It's used by rehab and prenatal clients, athletes, celebrities and everyone in between.

Q. What is the difference between the STOTT PILATES Method and other Pilates techniques?

A. STOTT PILATES incorporates modern exercise principles, including contemporary thinking about spinal rehabilitation and athletic performance enhancement. For example, some approaches may promote a flat back, whereas STOTT PILATES exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints, placing more emphasis on scapular stabilization. As well, there are more preparatory exercises and modifications to cater to many different body types and abilities, making it applicable to everyday life.