

Osteoporosis & Osteopenia policy for The Pilates Boutique.

Purpose:

To ensure the safety of clients with osteoporosis or osteopenia while participating in our Pilates Reformer classes, and to promote bone health through appropriate exercise and modifications.

Scope:

This policy applies to all our clients with osteoporosis or osteopenia (diagnosed or suspected) attending Pilates Reformer classes at our studio.

General guidelines:

Client screening and communication:

All new clients will be asked to complete a health questionnaire that includes a section on bone health.

Clients are encouraged to communicate any changes in their condition, pain levels or concerns during their classes.

Exercise modifications:

Instructors are trained to modify exercises to ensure they are safe for clients with osteoporosis, focusing on bone health and avoiding movements that could lead to injury.

High impact exercises, excessive twisting or heavy loading on the spine (eg forward flexion, deep spinal flexion, or high resistance) should be avoided or modified.

Emphasis will be placed on exercises that improve posture, stability and balance. Focused attention will be given to strengthening the core and back muscles and supporting the spine.

Pilates Reformer exercises that promote weight bearing and muscle strengthening without excessive strain on the bones will be prioritized.

Spinal protection:

Gentle movements that encourage spinal extension, rather than flexion, will be emphasized to protect the vertebrae.

Clients with osteoporosis should avoid exercises that cause excessive rounding of the spine, such as deep forward bends or unsupported back bends.

Lateral flexion and twisting exercises should be performed cautiously, focusing on alignment and range of motion.

Monitoring progress:

Instructors will regularly monitor clients for any signs of discomfort or difficulty during classes and adjust exercises as needed.

Clients are encouraged to listen to their bodies and communicate any pain, discomfort, or concerns with their teacher.

Referral to health providers:

Clients with severe osteoporosis or fractures will be advised to consult with their health care provider before attending Pilates Reformer classes and their attendance will be at our discretion.

Client responsibility:

It is the client's responsibility to provide accurate and up to date health information, including any diagnosis related to osteoporosis or related conditions.

Clients are encouraged to follow any specific guidelines provided by their health care provider and inform the instructor of any changes to their health status.

Disclaimer:

Reformer Pilates classes offered at The Pilates Boutique are not intended to replace medical advice or treatment. All clients are encouraged to seek medical advice from their healthcare provider before beginning any fitness program.

The Pilates Boutique does not currently offer stand-alone Osteopenia & Osteoporosis classes. Any client with Osteoporosis should attend our Essential classes where there will be more time to offer modifications and clients need to accept these modifications. If client's decide to not follow our current guidelines that is at their own risk.

Clients must take full responsibility for themselves during our classes and if they sustain a fracture The Pilates Boutique or teachers will not be held accountable.