Polytrauma Program: What You Need to Know

What is Pilates?

Pilates is an exercise program developed by Joseph Pilates during the early 20th century, and used to train and rehabilitate fellow detainees during World War I. Since then, it has been continually developed, expanded, and used to train millions of clients with all different levels of fitness. Pilates works by focusing on core muscles, stabilizer muscles, and a process called dynamic stability. This focus allows Pilates to offer unique benefits unrivaled by any traditional exercise program.

What is Dynamic Stability?

Dynamic stability means focusing on the movement of a particular muscle or group of muscles while keeping the rest of the body still and stable. Doing so provides the unique benefits of Pilates, particularly in a rehabilitative or post-rehabilitative setting. The use of dynamic stability allows clients to strengthen muscles that traditional exercise programs ignore. These muscles increase stability, control, and range of movement, as well as decreasing strain on primary muscle groups.

What Can Pilates Do for Me?

Obviously, every injury is unique, so it is impossible to guarantee specific results, but several Pilates programs have demonstrated the ability to improve quality of life, range of movement, and overall fitness level for wounded veterans with a variety of injuries. To see examples of what Pilates may be able to do for you, watch the videos “What is Heroes in Motion?” on YouTube.com and “Polytrauma Pilates 7 Minutes on Vimeo” on Vimeo.com.

How Much Will it Cost?

Private sessions are normally, $65 for each one hour session. However, we understand that is not within everyone’s budget and want to give back to veterans who have given so much for our country. So, fees for training will be assessed on a sliding scale based on your financial position. Additionally, there is no charge for the initial consultation session.

What will Happen During the Consultation Session?

The consultation session is our way of getting to know you and your unique goals and needs. During this session, you will meet with one of our highly trained instructors, discuss your injuries and treatment plans, and explore how Pilates might help re-strengthen your body. Also during this session, you and the instructor will decide on a fee for additional sessions, should you decide to participate in our Polytrauma Pilates program.

What should I Bring to the Consultation Session?

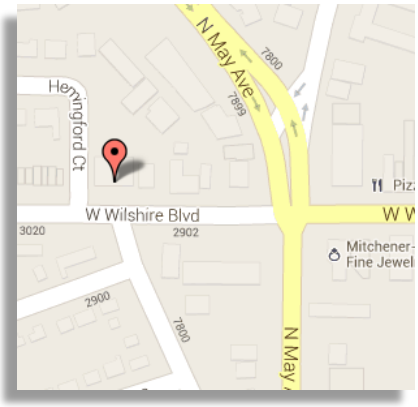
You should wear comfortable exercise clothing that allows instructors to observe your body positioning, so just avoid overly bulky clothing like large sweatshirts. You can wear either shorts or long pants so long as they allow you to move freely. For those who choose to wear shorts, you may be more comfortable if you wear compression shorts or baseball sliders underneath as some exercises will require laying on your back and gym shorts tend not to stay in place. Socks are worn for most exercises, but if you have a prosthesis that requires or is most functional with a shoe, that will not be a problem. We have all of the necessary equipment, so other than the proper clothing, you do not need to bring anything.

How do I Schedule an Appointment?

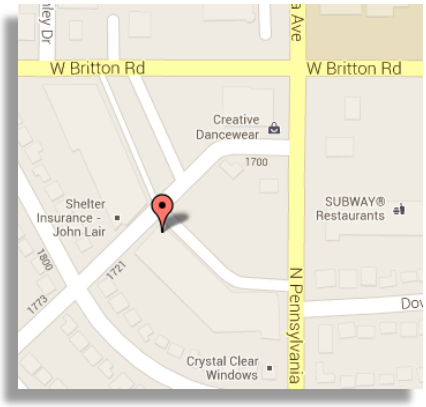
If you'd like to schedule a consultation session, simply call our studio at 405-463-3388 and ask about the Polytrauma Pilates program.

Where is The Pilates Edge Located?

We have two locations in Oklahoma City. Our main studio, The Pilates Edge, is located on Wilshire Blvd. and the second studio is located inside the Body Rock Fitness Club & Cafe on Pennsylvania Ave.



The Pilates Edge
2927 W Wilshire Blvd.
Oklahoma City, OK 73116



Body Rock Fitness Club & Café
9235 N Pennsylvania Ave.
Oklahoma City, OK 73120

How Can I Learn More?

To learn more about The Pilates Edge, and what we do, you can visit www.Pilates-Edge.com, or call us at 405-463-3388, and ask to speak to René Craig, the owner and head instructor at The Pilates Edge. Please do not hesitate to contact us if you have any questions.

We look forward to working with you!