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CLINICAL PILATES ON THE TREATMENT OF CHILDREN WITH IDIOPATHIC MUSCULOSKELETAL PAIN (IMSP)

Renata Pereira Soares^{1,*}, Fabiana de Carvalho Silva¹, Maria Conceição Costa¹, Ana Maria Terrazas¹, Robin Jhonny Paniagua Condori¹, Tiago Ferreira Costa¹, Giovana Paludo¹, Mateus Venazzi¹, Maria Teresa Terreri¹, Claudio Arnaldo Len¹

1.Universidade Federal de São Paulo, São Paulo (SP), Brazil.

*Corresponding author: renatafisioterapeuta@yahoo.com.br

BACKGROUND

In clinical Pilates, the fascia is mobilized over the muscle in active manner with improvement of pain. It also proposes an organization of the movement before the execution, providing gains to these children who mostly have joint hypermobility, muscle shortening and weakness. The objective of this study was to evaluate the improvement of pain and quality of life of patients with idiopathic musculoskeletal pain (IMSP) with clinical Pilates.

MATERIALS AND METHODS

Patients with IMSP aged between 9 and 18 years old were selected and subjected to stretching (6 exercises) and solo clinical Pilates (30 exercises). In week one, children learned the principles of the technique; breathing pattern for performing each exercise; safe way of carrying out general activities of daily living such as sitting, getting up, cleaning the house, washing the dishes; how to contract the transversus abdominis from sphincter contraction and costal breathing. They received visual material with the exercises as a reminder to perform another 3 days a week and an activity journal. In the following week, children performed 6 stretching exercises and 5 different exercises each week. The chosen exercises worked on awareness and function of the hip, strengthening of the trunk, safe rotation of the spine, abdominal preparation and body relaxation. In the last session, children were instructed to continue performing the exercises at least 3 times a week for 10 minutes a day. The calculations were made using the median. Initial and final VAS were evaluated, and the PedsQL 4.0 questionnaire was requested on the first and last days for children and their main caregiver.

RESULTS

Sixteen children with IMSP were treated (13 girls and 3 boys). Two evaluations were carried out (T0 and T12 weeks). In the first evaluation the patients mean pain VAS score was 4.7 and the final was 1.6. The initial main parent PedsQL 4.0 score was 54.34 and the final 85.

CONCLUSION

All patients were adherent to clinical Pilates. There was a trend for pain improvement reported by children after 10 weeks of clinical Pilates exercises. There was an improvement in the child's quality of life from the point of view of the parents.