



J. H. Pilates planning guide – client profile

Client diagnosis or condition of concern:

Short-term goals	Long-term goals
1.	1.
2.	2.
3.	3.
4.	4.

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Client profile – completed by client or practitioner

1. Identify factors that influence fascia function

- Genetic
- Disease-associated
- Pharmaceutical
- Surgeries
- scars
- adhesions
- Systemic inflammation
- Lifestyle-related
- nutrition
- supplements
- smoking
- alcohol
- time spent sitting
- Hypomobile
- Hypermobile
- Temperature and humidity preference

2. Self-applied tools to enhance fascia function

- balls, rollers, sticks, hand tools
- Home practice
- In-studio program
- Number of minutes per day

3. Therapies to enhance fascia function

- Acupuncture, Osteopathy, Physical Therapy, Rolfing®, Structural Integration, etc.
- Appointment schedule
- Communication to coordinate care

4. Range of motion

- Partial
- Full
- Contraindicated

5. Weight-bearing

- Non weight-bearing
- Partial weight-bearing
- Full weight-bearing

6. Kinetic chain

- Open
- Closed

7. Type of assistance or resistance optimal for client

- Bodyweight only
- Bands
- Springs
- Free weights

8. Optimal level of intensity to maximize benefit and minimize injury



9. Balance capacity for novelty to intrigue nervous system with need to decrease risk	
10. Pilates movement options available to the client	
Mat, Reformer, Chair, Trapeze Table, Barrels	
Additional equipment	
Unstable surfaces	
foam roller, Oov, rotator disc, rocker board, balance board	
11. Activate all appropriate myofascial continuities described in <i>Anatomy Trains: myofascial meridians for manual and movement therapists</i> (Myers, 2014)	
12. Practice to develop elastic recoil properties of fascia	
Duration: 20–30 minutes per day	
Frequency: 2–3 times per week	
Recovery time for collagen synthesis: 2 days	
13. Fascia-focused movement without elastic recoil emphasis	
Duration: 30–60 minutes per day	
Frequency: 2–6 times per week	
Revise program at least every 21 days	
14. Client cueing preferences	
Depth of touch	
Exteroception or interoception cues	
15. Client preferences for music that facilitates rhythmic movement and concentration	
16. Interaction with other forms of training	
Variable-intensity interval training (VIIT)	
Aerobic exercise:	
15–45 minutes, 3–4 times per week	
Strength training:	
15–30 minutes, 2 times per week; 1–2 days recovery	
Mindful movement	
yoga, t'ai chi, qi kung, Gyrotonic®, Gyrokinesis®	

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