

THE PILATES METHOD IN THE TREATMENT OF PEOPLE WITH CEREBRAL PALSY: A LITERATURE REVIEW

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ABSTRACT

Cerebral Palsy, also called Chronic Non-Progressive Encephalopathy, results from early brain lesions and manifests itself through postural deviations, decreased muscle tone, and possible cognitive deficits. The Pilates Method emerges as a relevant tool in physiotherapy, with exercise and movement techniques to reestablish the motor and functional development of individuals with Cerebral Palsy. This research aims to analyze the benefits of the Pilates Method in the treatment of Cerebral Palsy, to understand its impact on physical functionality. The research was based on a literature review, and the databases used were Google Scholar, Scielo, PubMed, and PEDRro between the years 2012 and 2020. The inclusion criteria chosen were: a) articles that addressed physical therapy interventions in patients with cerebral palsy, b) articles that contained the influence of the Pilates method in patients with Cerebral Palsy, and c) articles available only in Portuguese. Exclusion criteria included: a) articles that contained other techniques combined with Pilates, b) articles that included only pediatric patients, and c) articles only in English and/or Spanish. During this study, 20 articles were found, of which 5 met the eligibility criteria of this research. The studies analyzed highlight Pilates as effective in the rehabilitation of patients with Cerebral Palsy, providing gains in strength, flexibility, balance, postural control, and gait. Its application, 2 to 3 times a week, with sessions of 50 to 60 minutes, showed positive effects. However, no significant changes in postural patterns were found, evidencing the need for further research. Studies indicate that Pilates is an effective physiotherapeutic intervention, promoting rehabilitation and contributing to motor, functional and biopsychosocial development. However, more research is needed to broaden the academic understanding of its effects on Cerebral Palsy.

Keywords: Physical therapy. Pilates method. Cerebral palsy. Exercise and Movement Techniques.

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