

The Cadillac – A Post-Rehab “Must-Have”

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One of the fastest growing branches of Pilates training continues to be in the Post-Rehab sector. Increasingly Pilates experts and Rehabilitation professionals are partnering to bridge the gap between rehab and fitness. More and more, Pilates is used to create positive movement experiences for those with any type of movement dysfunction including neurological disorders, cardiopulmonary restrictions, orthopedic complaints and a host of other physiological conditions.

The Cadillac / Trapeze Table stands out as the go-to piece of equipment when working with post-rehabilitation clients. This piece of resistance equipment is ideal because:

- The working surface is higher off the floor so it is easier to get clients on and off safely
- The large mat area accommodates exercisers of all sizes
- Resistance is provided by independent springs so imbalances can be recognized and addressed and bilateral, unilateral and reciprocal work can be performed
- Variable spring tension and height and positioning adjustments ensures just the right amount of resistance and the ideal angle can be available for each client and each move
- Can be used for exercises in a variety of positions – sitting, standing, kneeling, supine, prone and side-lying
- Exercises can be performed with the solid Push-Thru Bar or the moveable Roll Down Bar
- It can be augmented with other pieces like the Arc Barrel, Padded Platform Extender, Reformer Box and even the Stability Chair™

While the Cadillac is outstanding in its ability to aid in the rehabilitation process, the equipment alone cannot achieve this goal. It is necessary to complement the equipment with sound principles of stabilization, intelligent exercise and modification choices and an understanding of how all of these can be accessed using the unique features of the apparatus. None of these are possible without a thorough understanding of the Pilates principles and their implementation in a rehabilitative setting.

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