

App is a Great Visual and Auditory Teaching Tool

REVIEWED BY ROBIN BRADLEY HANSEL, PT, CPI

As a physical therapist and Pilates mat instructor, I've been familiar with the work of the Body Arts and Science International (BASI) organization for many years. Since 1989, BASI Pilates has been dedicated to educating Pilates teachers worldwide. Founded by Pilates instructor and author, Rael Isacowitz, I was very pleased to see the high educational standards of this company reflected in their app.

Reasonably priced at \$1.99, Pilates Interactive is extremely easy to navigate. Currently available only for iPhone and iPad, BASI is planning to launch an updated version that will support mobile HTML to work on any mobile web browser. (Note – don't be confused by the free Pilates Interactive Portal app in iTunes that's only accessible to paying BASI account subscribers).

At this time, 59 unique Pilates mat exercises are available. Each is listed alphabetically alongside a small black and white photograph. Select by tapping the exercise name to reveal its classification of difficulty: fundamental, intermediate, advanced or master.

Detailed text is provided regarding five key areas related to each specific exercise: set up, movement, muscle focus, objective and cue. For example, a fundamental Pilates mat exercise for

abdominals and back extensors commonly used by many physical therapists is the "cat stretch." The set up and movement text portions of the app give the PT step-by-step instructions for preparing her client in quadruped position such as "hands under shoulders" and "knees under hips." The muscle focus, objectives and cues sections are likewise geared toward maintaining optimal posture and technique by focusing on specific details like "maintain scapulae depression throughout."

To reinforce client success, a short color video (narrated and performed with extreme precision by Isacowitz) is provided for each of the individual exercises. Although best viewed over WiFi, my iPhone 4's 3G still provided nice clarity, making this a great teaching tool for home health therapists on the go.

But my favorite feature of the app is the ability to access ready-made workouts as well as create my own. Seven programs for all client fitness levels such as "Couch Potato" and "Inner Athlete" are pre-loaded. This section of the app also provides the option of viewing a non-interrupted, complete loop of the workout videos. By tapping just to the left of the workout's title (rather than opening the complete program via its right arrow), a blue play button appears. This enables



you to watch the entire workout in chronological order to help visualize the flow and sequence of the program. Also provided are options to quickly scroll forward or backward, to pause and to adjust the volume of any videos in the loop.

To design your own workout, select the "+" icon in the upper right of the workouts page. Next, name your workout and add a personalized brief description. Tap the green "+" icon under exercises and then make your selections from the app's existing exercise library by filling in the red check marks and hitting "insert" in the upper right of the screen. Each exercise and its corresponding video immediately become part of your newly designed workout program. Remove any exercises you wish and even delete the workout altogether.

Additionally, select the "Copy This Workout" option for the opportunity to save considerable amounts of time by utilizing similar plans for multiple clients with only a few changes. If desired, personalize any of these workouts using patient ID numbers and add a brief description to help keep them straight for your caseload.

I highly recommend this Pilates Interactive app as a wonderful visual and auditory teaching tool for physical therapy patients. It's also an excellent – and fun – personal fitness tool for anyone interested in the advancement of their own Pilates practice routine. ■

Robin Bradley Hansel is owner of Green Treehouse Media LLC and Labyrinth Wellness LLC, both located in South Florida



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Pilates Interactive by BASI Pilates

Rating of Function for Physical Therapy Professionals	Number of Stars out of 5
Ease of Use	★★★★★
Relevance to PT	★★★★
Frequency of Projected Use	★★★★★
Potential for Upgrade with Improvements	★★★★★
Usefulness for Therapeutic Intervention	★★★★
Accuracy	★★★★★

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