

Pilates App is a Good Introduction to the Exercise Method

REVIEWED BY LISA MUELLER, DPT

Pilates exercises are often a wonderful adjunct to physical therapy and can be easily integrated into a patient's home exercise program. I wanted to see if using a smartphone application would be of good use for my patients so I tried the Pilates app by InterFit Fitness on my iPhone (also available for Android) last month. This app is a collection of short Pilates videos and a good introduction to the exercise method.

The home page brings the user to three options: Select workout, play all, and safety. The safety tab includes a written disclaimer as well as a collection of 20-30 second videos for stretching of major joints and body parts. Scrolling through the select workout screen shows a list of six exercise videos, each approximately 2-3 minutes in duration. Selections include: Pelvic tilts and shoulders, knee floats and arms, abs and core, leg stretch and scissors, back stretches and

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side kneeling. Choosing the play all option, as the name suggests, plays each of the exercise routines in order but does require the user to press the "play" button on the screen after each exercise is completed to advance to the next video.

Logistically it was somewhat difficult for me to hold the phone so I could watch the instructor and simultaneously try the exercises. I don't have a holder for my phone and ended up balancing it on the edge of a table while I tried to watch the videos on the small screen. Eventually I was able to just listen to the exercises and didn't need to watch every move the instructor made, but initially that part was challenging. The



pace of the exercises was perfect for me, a beginner. The instructor talked slowly enough for me to be able to follow her. I was also impressed by how much detail was included in the videos. The instructor cues the user on breathing technique, posture and form, and the duration to hold each position and exercise.

Graphics and overall aesthetics of the video are probably where it's lacking most. The instructor is wearing a white tank top, black pants and white socks in each video and the backdrop is pure white. It's difficult to see the instructor with the white-on-white costuming in some of the shots and during many exercises it appears her feet are completely missing.

Overall I'd recommend the app to anyone who's interested in trying Pilates for the first time. For the low price, the app includes a good variety of exercises and stretches, and the short duration of the videos makes it easy to fit a quick routine into even the busiest days. I can see myself suggesting this app to any of my patients who may want to add some Pilates to their exercise program.

Interfit Pilates is available on iTunes for \$0.99 and Google Play for \$1.02. ■

Lisa Mueller earned her DPT from Marquette University, Milwaukee, WI, in 2009. She then spent more than two years working in an acute intensive care unit and has recently transitioned into an outpatient orthopedic setting.

Pilates by InterFit Fitness

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	★★★★