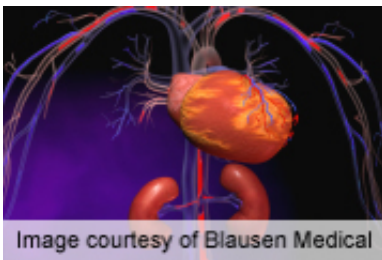


# Pilates is beneficial adjunctive therapy in heart failure

November 15 2012

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Pilates exercises may be a beneficial adjunctive treatment for patients with heart failure, offering functional capacity improvements, according to a study published in the December issue of *Cardiovascular Therapeutics*.

(HealthDay)—Pilates exercises may be a beneficial adjunctive treatment for patients with heart failure, offering functional capacity improvements, according to a study published in the December issue of *Cardiovascular Therapeutics*.

To examine the efficacy of Pilates in patients with [heart failure](#), Guilherme Veiga Guimarães, M.D., of the Universidade de São Paulo in Brazil, and colleagues conducted a study involving 16 patients with New York Heart Association class I or II heart failure who were randomly assigned to 30 minutes of aerobic exercise followed by 20 minutes of either mat Pilates training or a conventional [cardiac rehabilitation program](#) for 16 weeks.

At 16 weeks, the researchers found that patients in both groups showed a significant increase in exercise time, with a larger increase for the Pilates group ( $11.9 \pm 2.5$  to  $17.8 \pm 4$  minutes and  $11.7 \pm 3.9$  to  $14.2 \pm 4$  minutes, respectively). Only the Pilates training exhibited significant increases from baseline in ventilation, peak [oxygen consumption](#) ( $\text{VO}_2$ ), and  $\text{O}_2$  pulse. Compared with the conventional group, peak  $\text{VO}_2$  was significantly improved in the Pilates group.

"The results of this study demonstrate the feasibility of a combined aerobic training and mat Pilates method by its safe and functional capacity improvements in [patients with heart failure](#)," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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