

PILATES INSTRUCTOR RESOURCE LIST

Books on Pilates

Pilates' Return to Life Through Contrology

Joseph H. Pilates and William John Miller
Originally published in 1945, republished in 1998 by
Presentation Dynamics

The Pilates Body

Brooke Siler
Broadway Books, 2000

Pilates' Body Conditioning: A Program Based on the Techniques of Joseph Pilates

Anna Selby and Alan Herdman
Barron's Educational Series, Inc., 2000

Pilates

Rael Isacowitz
Human Kinetics, 2006

Ellie Herman's Pilates Reformer, 2nd edition

Ellie Herman
Ellie Herman Books

And new ones come out almost weekly if you check
amazon.com

Books on Movement, Anatomy and Imagery

Anatomy of Movement

Blandine Calais-Germain
Eastland Press, 1985

Dance Anatomy and Kinesiology

Karen Sue Clippinger
Human Kinetics, 2006

Manual of Structural Kinesiology, 15th edition

R.T. Floyd, Ed. D, A.T.C., C.S.C.S., and Clem W. Thompson
Ph.D., F.A.C.S.M.
WCB, McGraw-Hill, 1998

Dance Kinesiology

Sally Sevey Fitt,
Schirmer Books, 1988

Anatomy Coloring Book

Wynn Kapit and Lawrence W. Elson,
Harper and Row, 1977

Muscle Testing and Function

Florence Peterson Kendall, P.T., F.A.P.T.A, Elizabeth Kendall
McCreary and Patricia Geise Provance, P.T.
Williams and Wilkins, 1993

Atlas of Human Anatomy, 3rd Edition

Frank H. Netter, M.D.
Saunders, 2002

Anatomy Trains

Thomas W. Myers
Churchill Livingstone, 2001

Thieme Atlas of Anatomy: General Anatomy and the Muskuloskeletal System

Various
Thieme Medical Publishers, 2005

Trail Guide to the Body, 3rd edition

Andrew R. Blel
Books of Discovery, 2005

The Thinking Body

Mabel E. Todd,
Dance Horizons/Princeton Book Co., 1937

Human Movement Potential: Its Ideokinetic Facilitation

Lulu E. Sweigard, Ph. D.
Harper and Row Publishers, 1974

The Breathing Book

Donna Farhi,
Owl Books, 1996

Stretching

Bob Anderson
Shelter Publications, Inc., 1980

Dynamic Alignment Through Imagery

Eric Franklin
Princeton Book Co. 2000

Pelvic Power for Men and Women

Eric Franklin
Princeton Book Co. 2002

Relax your Neck, Liberate your Shoulders

Eric Franklin
Princeton Book Co. 2003

Books on Sports Injuries and Rehabilitation

Sports Injuries: Diagnosis and Management

James G. Garrick and David R. Webb
W. B. Saunders Co., 1999

Instructions for Sports Medicine Patients

Marc Safran, David A. Stone
W B Saunders 2003

Dance Medicine: A Comprehensive Guide

Edited by Allan J. Ryan, M.D. and Robert E Stephens, Ph.D.,
Pluribus Press and The Physician and Sportsmedicine, 1987

**Therapeutic Exercise for Spinal Segmental Stabilization in
Low Back Pain**

Carolyn Richardson, Gwendolen Jull, Paul Hodges and Julie
Hides
Churchill Livingstone, 1999

Diagnosis and Treatment of Movement Impairment

Syndromes

Shirley Sahrmann
Mosby 2001

The Pelvic Girdle

Diane Lee and Andre Vleeming
Churchill Livingstone. 1999

National Pilates Organization

Pilates Method Alliance, www.pilatesmethodalliance.org

Equipment and Videos

Balanced Body
8220 Ferguson Ave.
Sacramento, CA 95828
(800) PILATES (745-2837), www.pilates.com

Small Equipment

OPTP (balls, rollers and books)
3700 Annapolis Lane, Suite 175
Minneapolis, MN. 55447-9355
(800) 367-7393

Power Systems
power-sysems.com
(800) 321-6975