PILES 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*
Ph.D., F.A.C.S.M.

**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. Blin
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