



POLESTAR PILATES™

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# Polestar Rehabilitation and Fitness Programmes

## Suggested Reading

**The Pilates Body**, by Brooke Siler,  
Bantam Doubleday Dell, 2000

**Anatomy of Movement**, by Blandine Calais Germain,  
Eastland Press, 1993

**The Tao of Natural Breathing**, by Dennis Lewis,  
Mountain Wind Publishing, 1997

**Job's Body – A Handbook for Bodywork**, by Deane Juhan,  
Barrytown Ltd, 1998

**Sensing, Feeling and Action**, by Bonnie Bainbridge Cohen,  
Contact Editions, 1993 [*Amazon.com says this is out of print, but they will attempt to locate a copy if you request it.*]

**The Feldenkrais Method – Teaching by Handling**, by Yochanan  
Rywerant, Keats Publishing Inc., 1983. [*Amazon.com says this is out of print, but they will attempt to locate a copy if you request it.*]

**Introduction to Pilates-Based Rehabilitation** [journal article]  
Anderson, Brent, PT, OCS and Aaron Spector, MSPT, from the  
Orthopaedic Physical Therapy Clinics of North America,  
Complimentary Medicine, 9:3, September 2000. [*This can be  
downloaded from Polestar's US website: [www.polestareducation.com](http://www.polestareducation.com) –  
under "What's New"*]

**Basic Biomechanics of the Musculoskeletal System,  
Second Edition**, by Margareta Nordin, Victor H. Frankel,  
Lea & Febiger, 1989

**Clinical Anatomy of the Lumbar Spine, Second Edition**,  
by Nikolai Bogduk [*Amazon.com says this is out of print, but they  
will attempt to locate a copy if you request it.*]

**Mechanical Low Back Pain**, by James A. Porterfield.  
W.B. Saunders Co, 1998

**Mobilisation of the Nervous System**, by Davis S. Butler,  
Churchill Livingstone, 1991

**Therapeutic Exercise for Spinal Segmental Stabilization:  
In Lower Back Pain**, by Carolyn Richardson,  
Churchill Livingstone, 1998

## Recommended exercise practice

[1] Polestar videos available from Balanced Body:

- Preparation for Balanced Body's Pilates Mat Program
- Balanced Body's Pilates Mat Program
- Balanced Body's Pilates Mat with Small Apparatus
- Polestar Beginning and Intermediate Mat Workouts
- Approach to Rehabilitation in the Polestar Environment  
[5 video set]

[2] From the book **Awareness Heals** by Steven Shafarman  
Feldenkrais Awareness Through Movement Lessons:

- 'Uninhibited Breathing'
- 'Leaning and Lifting'
- 'Effortless Sitting'
- 'Turning and Twisting'
- 'Elegant Walking'

[3] From the book **Awareness Through Movement** by Moshe  
Feldenkrais  
Feldenkrais Awareness Through Movement Lessons:

- 'The Carriage of the Head Affects the State of the  
Musculature'
- 'What is Good Posture?'
- 'Differentiation of Pelvis Movements by Means of an  
Imaginary Clock'
- 'The Movement of the Eyes Organises the Movement of  
the Body'

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**Note:** As of May 2001, all of the books listed are available through Amazon.com, except for the two that are listed as out of print – however if you request it, Amazon will try to locate copies of out of print books. Most, though not all, are also available through Amazon.co.uk, however, if you cannot find the book there, refer to Amazon.com.

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