Abstract

Title:

Group exercise with elements of the method Pilates in individuals with ankylosing spondylitis - comparisons with the control group

Objective:

Find impact of group therapy with engaging Pilates method to movability of axial system, functional status, activity of disease and total health status of individuals with ankylosing spondylitis. Compare this method with compensation group motion program in individuals with ankylosing spondylitis.

Methods:

26 individuals with ankylosing spondylitis of average age (38,25 ± 9,18) attending Institute of Rheumatology in Prague were chosen. Probands were split into two groups: experimental group, which were doing motion program with elements of Pilates (n=13), and control group, which were attending compensation group motion program in individuals with ankylosing spondylitis. It was empirical quantitative research, exactly comparative quasiexperiment, where was compared individual groups in between (inter-group) and, moreover, influence of individual motion programs (intra-group). Data gathering was executed twice – at the beginning of quasiexperiment (pre-test) and at the end (3 months after; post-test). Those parameters were examined: Bath Ankylosing Spondylitis Metrology Index for axial system region and expansion of chest, Bath Ankylosing Spondylitis Functional Index for functional status, Bath Ankylosing Spondylitis Daily Activity Index for disease activity, and Bath Ankylosing Spondylitis Global Score Index for overall status.

Results: Regularly driven group exercise with elements of Pilates is effective therapeutic means for increasing functional abilities, decreasing disease activity and positive influence of overall status of movement aparat especially in improvement mobility of the spine and expansion of chest in individuals with ankylosing spondylitis.

Keywords: ankylosing spondylitis, activity of disease, functional status, movability of axial system, motion program with elements of Pilates method