Review Article

Recebido em: 03/08/2022 | Aceito em: 07/058/2026

Effects of the Pilates Method on Balance and Quality of Life in the Elderly: Integrative Review

Efeitos do Método Pilates no Equilíbrio e Qualidade de vida em idosos: Revisão Integrativa

Alisson dos Santos[1]
Orcid: https://orcid.org/0000-0003-2030-0003

Isabela Vasconcelos de Freitas[2]
Orcid: https://orcid.org/0000-0002-0242-5905

Jonhatan Samuel Santana[3]
Orcid: https://orcid.org/0000-0001-9469-7889

Isabela Freire Azevedo-Santos[4]
Orcid: https://orcid.org/0000-0001-8836-8640

Abstract

Introduction: Aging brings about changes in older adults, such as functional dependence and loss of postural balance, and may also affect these individuals' quality of life. However, treatment with the Pilates Method (PM) may be a valuable tool for reducing these effects inherent to aging and improving quality of life in this population, as this method can be applied in the treatment of a wide range of conditions affecting older adults. **Objective:** To conduct an integrative literature review on the effect of the PM on postural balance (PB) and quality of life (QoL) in older adults. **Method:** This is an integrative literature review conducted through a search of the Scielo, PubMed, Lilacs, Bireme, PEDro, Web of Science, and Science Direct databases, as well as gray literature (Google Scholar), using the keywords: Pilates; Postural balance; Quality of life; and Aging. **Results:** Based on the searches conducted in the databases, 451 articles were found, of which 25 were selected for meeting the inclusion criteria, following detailed reading of the abstracts. The studies included in this review showed that the PM is effective in improving static and dynamic balance and QoL among older adults who practiced it. **Conclusion:** The PM proved effective for PB and QoL, thereby minimizing the risk of falls and promoting improvements in functional capacity, social interaction, and well-being in older adults. Since the analysis in this review was based on studies with different methodological designs, further randomized controlled trials are suggested to strengthen the scientific evidence.
Keywords: pilates, postural balance, quality of life, aged.

Resumo

Introdução: O envelhecimento gera mudanças ao idoso como dependência funcional, perda do equilíbrio postural e pode afetar ainda na qualidade de vida dessas pessoas. Entretanto, o tratamento com o Método Pilates (MP) pode ser uma boa ferramenta para reduzir estes efeitos inerentes ao envelhecimento e melhorar a qualidade de vida nesta população, pois esse método pode ser aplicado no tratamento das mais diversas doenças que acometem a terceira idade. **Objetivo:** Realizar uma revisão integrativa da literatura, sobre o efeito do MP no equilíbrio postural (EP) e qualidade de vida (QV) em idosos. **Método:** Trata-se de uma revisão integrativa da literatura que foi efetuada a partir de uma busca nas bases de dados Scielo, Pubmed, Lilacs, Bireme, PEDro, Web of Science, Science Direct e literatura cinza (Google Acadêmico), sendo utilizadas as palavras-chave: Pilates; Equilíbrio postural; Qualidade de vida e Envelhecimento. **Resultados:** Com base nas pesquisas executadas nas bases de dados, foram encontrados 451 artigos, entre os quais 25 foram selecionados por atenderem aos critérios de inclusão, após leitura detalhada dos resumos. Verificou-se nos estudos incluídos nessa revisão que o MP é eficaz na melhora do equilíbrio estático e dinâmico e QV dos idosos praticantes. **Conclusão:** O MP se mostrou eficaz para o EP e QV, minimizando assim o risco de queda e promovendo uma melhora na capacidade funcional, interação social e o bem estar em idosos. Como a análise desta revisão baseou-se em diferentes desenhos metodológicos, sugere-se que novos ensaios clínicos randomizados controlados sejam realizadas para maior robustez científica.
Palavras-chave: pilates; equilíbrio postural; qualidade de vida; envelhecimento.

[1] Centro Universitário Estácio de Sergipe, Aracaju, Sergipe, Brasill. E-mail: alissonsantos.as26@gmail.com
[2] Centro Universitário Estácio de Sergipe, Aracaju, SE, Brasil. E-mail: isabelafreitas120@gmail.com
[3] Centro Universitário Estácio de Sergipe, Aracaju, SE, Brasil. E-mail: jonhatanifs@hotmail.com
[4] Universidade Federal de Sergipe, Campus Prof. Antônio Garcia Filho, Lagarto, Sergipe, Brasil. E-mail: isabelaafs@gmail.com

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

INTRODUCTION

Older adults are defined by the World Health Organization (WHO) as individuals over 60 years of age, a concept applied to developing countries, since in developed countries this age range is higher, corresponding to 65 years. Regarding aging in a negative light is a mistaken and erroneous notion, as it is a physiological process inherent to life, constituting a part of the life cycle that requires more pronounced care and attention, so as to ensure an improvement in the quality of life of this population, which is growing increasingly larger, particularly in Brazil[1].

Both in Brazil and worldwide, a growing number of older adults can be observed, along with a consequent inversion of the age pyramid, reflecting a significant increase over the last decades. Comparing data from the two most recent *CENSOs* conducted by the Brazilian Institute of Geography and Statistics (IBGE), this increase in life expectancy, in both men and women, can be substantiated[2,3].

It is common for the aging process to bring about changes in biological factors, leading to physical alterations such as loss of muscle mass and increased curvature of the spine, as well as psychological changes, since many older adults, upon losing such functions, become dependent on relatives/caregivers, which may lead to depressive states due to feeling more vulnerable, and social consequences (isolation) in the older adult population. In this context, it is necessary to understand the processes of senescence and senility, senescence being the aging process that occurs physiologically, whereas senility is referred to as pathological aging[4,5].

The Centers for Disease Control and Prevention (CDC) of the United States recommends that older adults engage in activities requiring muscular effort, performed at least twice a week, involving at least two major muscle groups, as well as aerobic activities, which may be divided into 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity, or a combination of both. The practice of physical activity plays a major role in improving quality of life and preventing disease, and for older adults, this practice is essential for reducing mortality from the main conditions affecting this population, such as coronary heart disease, myocardial infarction, hypertension, and type 2 diabetes[6].

A widely disseminated practice worldwide that has gained momentum over the last decades is the Pilates Method. It is highly recommended for injury rehabilitation and is also a widely disseminated method among older adults, as it provides several benefits such as increased bone mineral density, positive changes in body composition, and improved muscular strength and endurance, coordination, balance, and flexibility. It is also mentioned as offering a considerable advantage for older individuals, along with a low likelihood of injury or muscle soreness, since the impact is virtually nil[7].

The Pilates Method has emerged as an approach aimed at optimizing body use and enhancing body awareness. Authors suggest that the method allows for improved physical conditioning, such as increased strength and flexibility, and, in addition, it is believed that the method improves psychophysical health through self-awareness and self-regulation. In the literature on the Pilates Method, there is



Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

a consensus regarding the principles that should be present during practice, namely concentration, centering, precision, control, breathing, and flow[8].

Based on the data presented and given that this is a widely used and currently discussed method, the development of the present study is justified, with the objective of conducting an integrative literature review on the effectiveness of the Pilates Method on postural balance and quality of life in older adults.

MATERIAL AND METHOD

Study type and Search strategy

This is an integrative review study that aimed to answer the following guiding question: "What are the effects of the Pilates Method on postural balance and quality of life in older adults?" This guiding question was formulated based on the PICO strategy. Accordingly, the following were defined for this study: P – Older adults practicing the most diverse modalities of the Pilates Method; I – What evidence exists regarding the effectiveness of the Pilates Method on quality of life and postural balance in older adults; C – Comparison between older adults who practice the Pilates Method and those who do not practice any type of physical activity; O – Older adults who practice the Pilates Method present a lower risk of falls and better quality of life than those who do not practice it. The predetermined languages for the inclusion of articles in this review were Portuguese, English, and Spanish, using the keywords: aging; quality of life; postural balance; and their respective synonyms in English and Spanish, combined using the Boolean operators OR and AND. Abstracts were read and evaluated by two independent reviewers, and studies that met the previously established criteria were selected for this study and read in full.

Inclusion criteria

The inclusion criteria adopted were observational and descriptive studies, and clinical trials addressing the effects of the Pilates Method on postural balance and quality of life in older adults, published between January 2010 and January 2020, in Portuguese, English, and Spanish.

Exclusion criteria

The exclusion criteria were restricted to studies whose population did not consist of older adults (men or women) aged 60 years or older, studies in which participants did not practice the Pilates Method, literature reviews, conference abstracts, proceedings and editorials, newspaper articles, integrative or systematic literature reviews, experience reports, articles published prior to 2010, incomplete articles, articles in languages other than English, Portuguese, and Spanish, and studies that did not address the objectives proposed by the respective research.

Data analysis

Information from the included studies was collected in order to address the purpose of this review, comprising the following items: author, objective, treatment protocol, groups/number of subjects, protocol duration, assessment instruments, and main results.

After reading the selected articles, the themes were analyzed and organized as follows: effects of the Pilates Method on older adults; quality of life; and postural balance, aiming for the best possible description and classification of the results; analysis,

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

categorization, and synthesis of the themes were then carried out.

RESULTS

Based on the searches conducted in the databases, 451 articles were found, of which 25 were selected for meeting the inclusion criteria, following detailed reading of the abstracts. After an exploratory reading of the selected articles, it was possible to identify the authors' perspectives on the effects of the Pilates Method on older adults, quality of life, and postural balance. The research flowchart (Figure 1) is presented below, along with the table summarizing the results found.

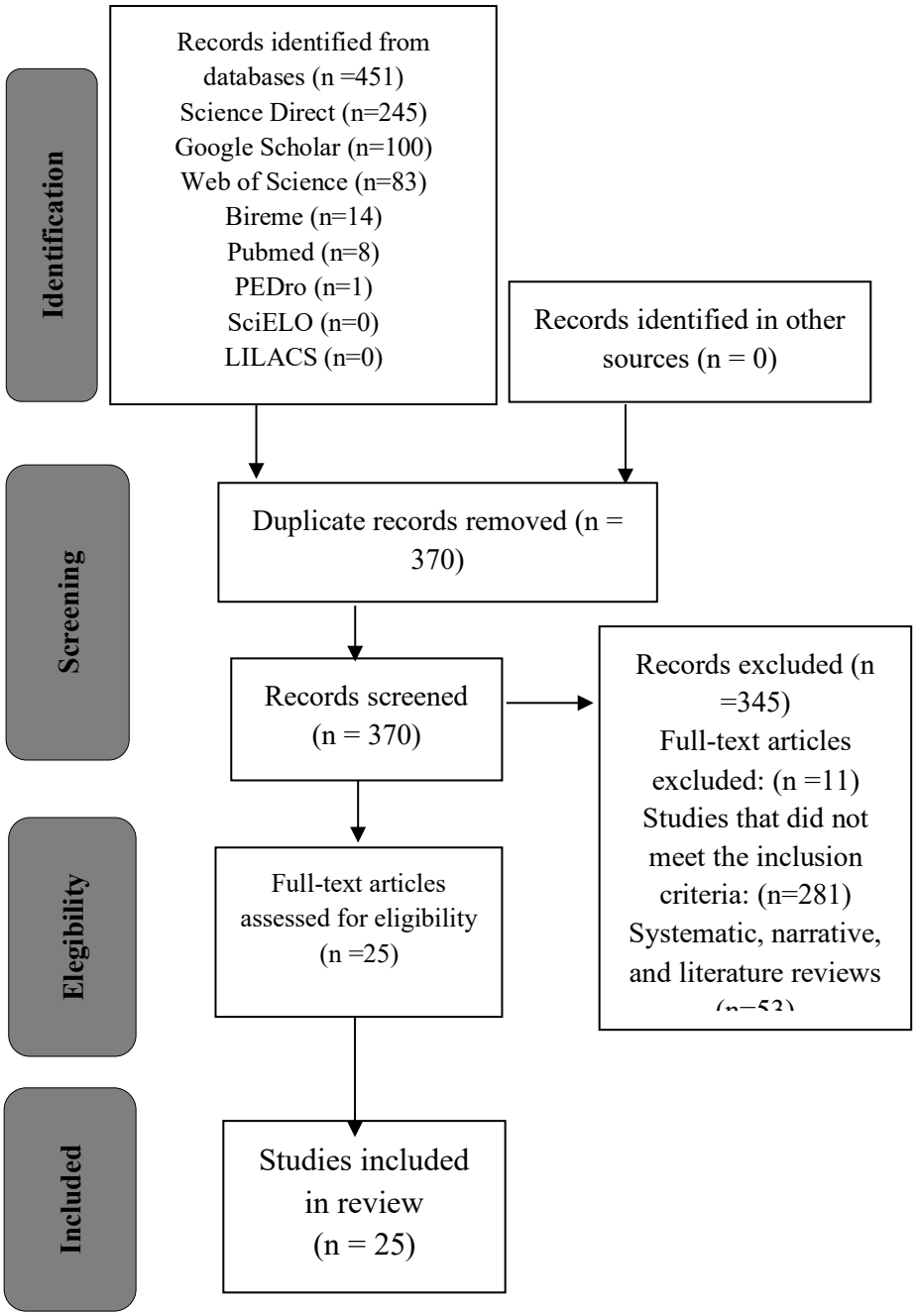


Figure 1. Flowchart of included studies in the integrative review.

Table 1. Studies included in the integrative review.

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

Author	Treatment protocol	Groups/Number of subjects	Protocol duration	Assessment instruments	Study type	Main results
APPELL et al.[9]	PG: received a specific exercise program requiring no additional equipment. CG: flexibility exercises, strengthening exercises, low-intensity aerobic exercises, and short sports games	39 older adults PG: 19 CG: 20	PG: for 10 weeks; Twice a week, for1 hour. CG: for 10 weeks; Twice a week, for1 hour.	Balance test ("Gleichgewichtstest"-GGT) from Bös and Wydra	Quasi-experimental study with intervention	Pilates and aqua-fitness exercises improve the overall physical performance required for the daily lives of inactive older adults and can contribute to maintaining aspects of quality of life.
BIRD; HILL; FELL[10]	PG: solo pilates and reformer pilates. CG: usual activities.	32 older adults PG: 16 CG:16	2 sessions of 60 minutes in each group for 5 weeks	Elderly questionnaire (CHAMPS), AMTI force platform, FSST, TUG, Sit-to-stand test, Reach test, Angle test	Randomizes controlled clinical trial	There were no significant differences between the groups, and participation in the Pilates group in the study led to improved static and dynamic balance.
COSTA et al.[11]	PG: Pilates Method Gymnastics Group: group gymnastics activities and a group of non-practitione	185 older adults PG: 60 Gymnastics Group:63, Individuals who do not engage in regular physical activity: 62.	Sufficiently active Insufficiently active	WHOQOL-OLD and WHOQOL-BREF Mini-Mental State Examination International Physical Activity Questionnaire – IPAQ.	Descriptive and comparative study	The PG group showed the highest scores in most quality-of-life domains for the

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

	rs of regular physical activity.					70–74.9 age group.
CRUZ-DÍAZ et al.[12]	Both groups received the same physical therapy intervention, with the addition of Pilates-based physical training for the treatment of PPTG. PTG: consisted of the application of Transcutaneous Electrical Nerve Stimulation (TENS) at a pulse frequency of 100 Hz for 40 minutes, plus 20 minutes of massage and stretching of the lumbar region.	97 older adults PPTG: Pilates group + physical therapy treatment with 50 older adults; (PTG): Physical therapy treatment-only group with 47 older adults.	PPTG: 6 weeks/ twice a week PTG: 6 weeks/ twice a week	Fear of falling (FoF), assessed by the Falls Efficacy Scale; functional mobility and balance, measured using the Timed Up and Go Test; cyScale-international	Randomized and blinded controlled clinical trial	Only the PG group showed improvement in mobility and functional balance after treatment and also demonstrated better results regarding pain. Pilates-based exercise proved effective in preventing falls.
DA ROSA et al.[13]	SG: did not engage in any type of regular physical activity. PPG: Pilates method.	20 older adults SG:10 PPG: 10	The Pilates method was practiced one to four times a week, and the duration of the practice	SPPB test for functional assessment and the SF-36 to determine the quality of life of the elderly.	Cross-sectional descriptive observational study with a comparative method	Older adults who practiced Pilates showed better performance in the functional assessment.

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

			was two months.			However, satisfactory results were not observed regarding balance, nor in certain dimensions of the quality-of-life questionnaire.
DONATH et al.[14]	TPG and CG conducted treadmill Pilates training. MBTG conducted multimodal balance training.	48 older adults TPG: 17 MBTG: 16 CG:15	8 weeks, 2 twice a week for 66 minutes each	FLQA-wk, SLEO Test, ACSM Winding Test, Modified Sorensen Test, Y-Balance Test	Randomized controlled clinical trial	Treadmill Pilates training did not show significant adaptations in trunk strength and balance performance, whereas balance training substantially improved balance and trunk strength.
GABIZON et al.[15]	The experimental group (PG) followed the classic method, while the control group (CG) was instructed not to alter their routine.	88 older adults PG:44 CG: 44	3-week duration, with a frequency of 3 sessions per week, each lasting one hour.	BBS, SF-36, CCI, OARS, Barthel Index.	Randomized controlled clinical trial	It was demonstrated that, since Pilates training is not task-specific, it does not improve balance control or balance function in independent older adults.
GANDOLFI et al.[16]	Five types of	40 older adults	50-minute	Medical Outcomes	Prospective	PG showed

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

	stretching and strengthening exercises were performed for the spine—targeting the flexors and extensors of the trunk, as well as the upper and lower limbs—using floor work, mat Pilates, and equipment such as the Cadillac, Reformer, and Chair.		Pilates sessions, once a week, for 20 weeks	Study 36 and for bone remodeling markers bone-specific alkaline phosphatase (BSAP) and type 1 collagen C-telopeptide (CTx).	longitudinal intervention study	improvement in quality of life, but no changes in bone remodeling.
IREZ et al.[17]	PG: Mat Pilates exercises and exercises using props, such as resistance bands and balls. CG: without intervention	60 older adults PG: 30 CG: 30	60-minute sessions three times a week—totaling 12 weeks—but intensity and duration are not reported.	Dynamic balance was assessed using the MED-SP300 dynamic stability measurement platform. Muscle strength was measured using a Muscle Manual Tester. Flexibility was measured using the sit-and-reach test.	Prospective, controlled study with pre- and post-test intervention	The Pilates method has been shown to improve dynamic balance, reaction time, and muscle strength in older adults.
IREZ et al.[18]	PG: Mat Pilates exercises WG: Walking group CG: Control group (did not	45 older adults PG:15 WG: 15 CG:15	3 times a week, with each session lasting 60 minutes, totaling	BBS, ABC Downton Fall Risk Index; muscle strength was assessed based on hip flexion (right and left legs) and shoulder abduction	Observational Study	It can be concluded that, compared to walking, Pilates offers a more efficient

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

	perform any activity)		14 weeks.	(right and left arms) using a muscle tester		way to improve certain physical fitness parameters among the elderly
JÚNIOR et al.[19]	Diaphragmatic breathing exercises, mobilization and strengthening exercises, and Pilates method exercises were performed.	12 older adults	Two weekly sessions were held, lasting one hour each, totaling eight sessions per month and 32 sessions over four months.	POMA scale for the assessment of balance and gait.	Prospective longitudinal study with a non-probability convenience sample.	A significant, favorable increase in balance and gait test scores was observed in the elderly after the intervention.
JOSEPHS et al.[20]	The Pilates-based exercise program utilized the Reformer, Cadillac, and Chair. The physical therapy group (PTG) performed exercises using elastic resistance bands, ankle weights, foam balance pads, and boxes of varying heights.	24 older adults PG:13 PTG:11	12 weeks of exercise, 2 times/week for 1 hour.	Fullerton Advanced Balance Scale	Randomized Controlled Clinical Trial	There was a significant improvement on the Fullerton Advanced Balance Scale for both the GP and the GT. The GP also showed significant improvement on the Activities-specific Balance Confidence Scale.
KOVÁCH et al.[21]	Pilates exercises and	54 older adults PG: 22	60-minute sessions,	The Fullerton Functional	Pilot study	Regular Pilates and aqua-

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

	aquatic (water aerobic - WA) exercises	WAG: 17 CG: 15	three times a week (group practice and water-based exercises)— though intensity was not reported — totaling a 6-month intervention.	Fitness Test (FFFT); WHO Quality of Life Questionnaire (WHOQOL)		fitness exercises performed three times a week are beneficial, improving the overall physical performance required for the daily lives of inactive older adults and potentially contributing to the maintenance of aspects of quality of life.
KOVALEK e GUÉRIOS[22]	Participants invited to undergo mat Pilates training.	20 older adults	10 weeks, with two one-hour sessions per week.	BBS, SF-36	Comparative Pre- and Post-Intervention Study	The results confirmed that the Pilates method was effective in improving the balance and functional capacity of the elderly.
LIPOSCKI et al.[23]	The women in the IG participated in 30-minute Pilates sessions (mat and equipment-based). The women in the CG	24 older adults PG: 12 CG: 12	PG: twice a week, for 30 minutes, for six months.	SF-36	Clinical trial	The GP group showed significant improvements in 7 of the 8 survey domains: physical functioning, physical role functionin

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

	were advised not to alter their daily activities during the study period.					g, pain, general health, vitality, social functioning, and mental health.
MELLO et al.[24]	Contemporary Mat Pilates Method	16 older adults	27 classes Twice a week	Senior Fitness Test, Vienna Test System and the EUROHIS-QOL 8 Quality of Life questionnaire.	Quasi-experimental study (pre- and post-tests)	The contemporary Pilates method improves the quality of life, physical fitness, and reaction time of the elderly.
MESQUITA et al.[25]	The older women in the GC did not receive an intervention and continued with their daily activities. The GP involved one month of training three times a week. The PNFG involved one month of training using the PNF	63 older adults 3 groups: PNFG, PG and CG	50-minute sessions were conducted with the PNFG and PG groups three times a week for 4 weeks. The control group (CG) did not undergo any intervention; participants continued their daily activities for one month.	BBS, Functional Reach test and TUG test	Randomized Controlled Clinical Trial	The women in the PNFG and PG demonstrated significantly better static and dynamic balance than the women in the CG.

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

	method three times a week.					
MOKHTARI, NEZAKATALHOSSAINI e ESFARJANI[26]	PG: training was initially conducted using mats, and subsequently using elastic bands. CG: there was no initial intervention; exercises were performed only during the post-test.	30 older adults PG:15 CG:15	Three one-hour sessions per week, over a 12-week period.	GDS, FRT, TUG.	Quasi-experimental study with pre- and post-tests	Pilates exercises reduced depression and improved the fall rate among participants.
NASCIMENTO et al.[27]	They were divided into groups for lectures, Pilates-based exercises, physical therapy treatment, and recreational activities.	70 older adults	The meetings took place two days a week in the afternoon, with each session lasting 60 minutes.	Postural assessment, strength, flexibility, and balance tests	Clinical trial	PG achieved improvements in capabilities such as balance, flexibility, stretching, and strength, in addition to lowering stress levels through awareness and muscle relaxation exercises.
NAVEGA et al.[28]	The experimental group (PG) performed the Mat Pilates method.	31 older adults CG:17 PG:14	PG: eight weeks/2 x per week (16 sessions) CG: 2x per	Single-leg stance test Computerized biophotogrammetry	Randomized Longitudinal Study	Pilates contributed to the reduction of thoracic kyphosis and the maintenance of

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

	The control group (CG) attended four lectures.		week, 45 minutes, eight weeks/ (16 sessions)			balance in the elderly women studied. There was no significant difference in any of the variables for the control group.
PATA, LORD e LAMB[29]	Quasi-experimental pre-test and post-test were used. Participants completed the pre-test one week before the start of the exercise intervention. The post-test was completed one week after the completion of Pilates-based intervention program	35 older adults	8-week duration, with sessions held twice a week, each lasting one hour.	TUG, FRT, Turn 180 test.	Quasi-experimental study	A positive perception of the Pilates program and a reduction in the fear of falling were demonstrated. The results suggest that a Pilates-based exercise program can be effective in improving balance, mobility, and postural stability to reduce the risk of falling.
RODRIGUES et al.[30]	PG and CG: Pilates practice using a Bobath ball and apparatus specific to the	52 older adults PG:27 CG:25	Twice a week. Each session lasts one hour, totaling eight weeks.	Assess functional autonomy (GDLAM), static balance (Tinetti), and quality of life (WHOQOL-OLD).	Comparative Intervention Study	The Pilates method can offer significant improvement in personal autonomy, static balance,

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

	method					and quality of life.
ROLLER et al.[31]	PG: use of the Reformer CG: no intervention; advised not to alter their routine.	55 older adults PG: 27 CG: 28	Once a week for a period of 10 weeks, with 45-minute sessions.	SOT, ADT, TUG, ABC, TDA, ankle dorsiflexion AROM, Escala Likert, BBS, 10MWT	Randomized controlled trial	Pilates Reformer exercises are more effective than no exercise intervention for improving hip and ankle range of motion.
RUIZ-MONTERO et al.[32]	PG: participated in a Pilates-aerobic program supervised by experts. CG: not participating in any physical activity program, not accompanied by a specialist	340 older adults PG:183 CG:157	The sessions included in this program were conducted twice a week, lasting 55 to 60 minutes each, with 45 minutes of actual physical activity, in accordance with the requirements established by the American College of Sports Medicine.	SF-36 Health Survey, Vanderbilt Pain Management Inventory (VPMI), and International Physical Activity Questionnaire (IPAQ)	Cross-sectional observational study	Through the implementation of a resistance training and balance program, it was possible to observe improvements in the participants' physical capabilities regarding their activities, as well as a reduction in their bodily pain.
TOZIM et al.[33]	PG: Mat Pilates CG: Participation in lectures	31 older adults PG:14 CG:17	PG: 16 sessions / twice a week CG: 4 lectures over	Sit-and-reach test Popliteal angle test VAS SF-36	Randomized Controlled Clinical Trial	Pilates training fostered greater flexibility, resulting in movement

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

			eight weeks			s performed with increased muscular strength, efficiency, and speed, as well as gains in range of motion and fluidity; this reduced the energy expenditure associated with joint movements, thereby helping to alleviate pain and prevent injuries, ultimately leading to a better quality of life.

PG: Pilates group; CG: control group; WAG: water aerobics group; SG: sedentary group; PPG: Pilates pratictioners group; EG: exercise group; PNFG: proprioceptive neuromuscular facilitation group; PPTG: Pilates + physical therapy group; PTG: physical therapy group, TENS: transcutaneous electrical nerve stimulation; TUG: Timed Up and Go test; FRT: Functional Reach Test; GDS: Geriatric Depression Scale; ABC: Activities-specific Balance Confidence Scale; BBS: Berg Balance Scale; WG: Walking group; CCI: Comorbity Charlob Index; OARS: Older Americans Resources and Services; TPG: Treadmill Pilates training group; MBTG: Multimodal

Regarding the age of study participants, it can generally be observed that the minimum age found was 60 years, with the maximum age being 95 years[30]. Still with respect to this aspect, only two studies presented participants of a single age, namely the study by Da Rosa et al.[13], with participants aged exclusively 60 years, and Irez et al.[17], with participants aged 65 years.

Regarding study types, considerable variability in methodological designs can be observed. Five authors report their studies based on the "intervention" premise, namely: semi-experimental with intervention[9], pre- and post-test intervention[22,23], prospective and controlled with pre- and post-test intervention[17], and comparative intervention[30].

On the randomized controlled trial design, five studies present such characteristics[10,14,20,25,33]. Three studies were solely randomized clinical trials[18,23,31], and two studies were randomized, controlled, blinded clinical

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

trials[12,15]. In the observational method category, three studies were found, two of which were descriptive comparative observational studies[11], and one was solely observational with a cross-sectional design[32].

Using the longitudinal observational method, four studies were found, two of which were prospective with intervention[16,19], one of these using a non-probabilistic convenience sample[19], one being an extension project of a federal institution[27], and one being a longitudinal observational study with randomized characteristics[28]. In this review, only one study is a pilot clinical trial[21].

Among the studies found in the literature and meeting the criteria used for this review, only two are quasi-experimental, one being solely quasi-experimental[29] and the other quasi-experimental with pre- and post-tests[26]. Regarding the population studied, it is evident that most studies are quantitatively composed of women. It is also noted that there is considerable variability in the number of participants across studies, with the smallest sample found in the study by Junior et al.[19], with 10 older adults, and the largest in the study by Ruiz-Monteiro et al.[32], with 340 older women.

Regarding the types of Pilates performed in the studies, there is considerable variability. Ten authors applied the Mat Pilates Method, of which two authors[25,28] used specific protocols, two studies[19,23] combined it with equipment, one author used the mat method combined with the classical method, also using a Swiss ball[27], two studies used only Mat Pilates[22,33], and two authors combined it with the Reformer[10,26].

Regarding the use of the Pilates Method with equipment/accessories, nine authors made use of such resources: two authors applied the exercises on a treadmill[14,21], two authors used the method combined only with a theraband[17,29], two authors performed exercises combined with a theraband and Swiss ball, with one using the contemporary method[18] and the other the classical method[15], one author used a Bobath ball and the Cadillac[30], and only two authors did not report the equipment used[20,24].

Lastly, one author applied the method from basic to intermediate level, as well as aerobic Pilates[32], and one author used only the Reformer[31]; the remaining authors did not specify the method used, employing specific, non-specific, and adapted protocols[9,11,12,13,16].

Regarding the intervention, considerable variability can be observed among the professionals responsible for administering the protocols. Eight studies specified that interventions were carried out solely by physical therapists[11,12,13,16,17,19,23,28], one study opted for physical therapists together with a physical education student instructor[24], two studies specified interventions delivered by physical therapists certified as orthopedic and Pilates specialists[12,20], and one study involved the participation of physical therapists and three volunteers[30].

One point worth noting in this review is that Pilates training was not carried out exclusively by physical therapists; several studies recruited other professionals to administer the intervention. In nine studies, interventions were carried out by certified specialists[10,14,15,22,26,29,31,32,33]; in one study, protocols were administered by professionals certified in both Pilates and PNF[25]; in another, by a Pilates instructor and a sports specialist[18]; one author opted for a physical educator specialized in the field[9]; and finally, one

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

author does not mention which professional administered the protocol[27].

Of the 25 references found, 18 addressed the topic of balance, and only in three studies[13,14,15] were unsatisfactory results observed, generally justified by the fact that Pilates is not task-specific. In the remaining studies addressing this topic, there was improvement in scores on balance assessment instruments; however, eight authors stand out for focusing on specific aspects of improvement: one study focused on static balance[30,31], two on dynamic balance[17,18], three studies addressed both types of balance within a single study[10,25,31], and one on functional balance[12].

Still regarding specific aspects addressed, in the study by Júnior et al. (2017)[19], it was observed that, in addition to improved balance, there was also improvement in gait cycle regularity following the intervention. Lastly, Josephs et al.[20], using the Fullerton Advanced Balance Scale, obtained considerable improvement results on the activity-specific balance confidence scale and fall risk, the latter also observed in other studies[12,17,18,26,29,31].

Regarding quality of life, eight studies indicated improvement in this aspect, with increased post-intervention scores using the WHOQOL-OLD, SF-36, EUROHIS-QOL-8, and Medical Outcomes Study instruments, and only one study did not indicate improvement; four different assessment instruments were used by the authors for this purpose. Three authors used the WHOQOL-OLD questionnaire, with Rodrigues et al.[30] and Kovách et al.[21] attributing the improvement in quality of life (increased scores) to aspects related to the older adults' autonomy. In the study by Costa et al.[11], the authors state that the Pilates method achieved better results among older adults aged 70 to 74.9 years; however, the authors do not clarify whether the improvement in quality of life resulted from reduced pain levels, autonomy of the older adults, social interaction, or a combination of these factors.

Six authors used another type of assessment instrument to measure quality of life, the SF-36. Ruiz-Montero et al.[32] attribute the improvement in quality of life to improved physical fitness, as well as to a reduction in existing pain levels, while emphasizing the need for appropriate and well-structured training. A similar result was found by Tozim et al.[33], who also attribute the improvement in quality of life to a reduction in pain or injuries. In the studies by Liposcki et al.[23] and Kovalek et al.[22], the authors reiterate, in general terms, the factors that improved quality of life, namely functional capacity, physical aspects, pain, general health condition, vitality, social aspects, and mental health. Lastly, only in the studies by Da Rosa et al.[13] and Gabizon et al.[15] were unsatisfactory results found regarding the method's effect on quality of life, differing from the other authors.

Only two authors used different assessment instruments, which nonetheless supported the idea that Pilates is effective in improving quality of life. Mello et al.[24] used the EUROHIS-QOL-8 instrument, a shortened version of the WHOQOL-OLD that requires less time to complete, while Gandolfi et al.[16] used the Medical Outcomes Study, a simpler, easily understandable instrument composed of 36 questions addressing physical and emotional aspects, which also demonstrated improvement in these aspects of the older adults' quality of life.

In addition to the effects previously mentioned, such as improvement in gait cycle and autonomy, other beneficial effects were

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

also observed in the analyzed studies. It was reported that pain and quality of life have an antagonistic relationship, with lower pain corresponding to better quality of life; however, only the study by Cruz-Díaz et al.[12] addressed the type of pain, with the Pilates Method being an appropriate intervention for the treatment of chronic pain.

Five authors found satisfactory results regarding increased muscle strength, with all five concluding that the method is effective for this purpose. However, each author also reported additional effects: in the study by Irez et al.[18], there was an increase in the flexibility variable; the study by Tozim et al.[33] demonstrated an effect on flexibility, in addition to improved range, fluency, and speed of movement, results similar to those found by Nascimento et al.[27], who observed improvement in stretching performance, as well as a reduction in stress levels, closely related to the dynamics/intervention. However, this effect on flexibility was not confirmed by Irez et al.[17], who also assessed it but instead observed an increase in muscle strength and considerable results regarding reaction time. Regarding this last point, Mello et al.[24] concluded that the Pilates Method is effective in improving both reaction time and physical fitness.

Two studies stand out for assessing issues not addressed by other authors. Navega et al.[28] sought to investigate whether the method is capable of improving the condition of older adults with thoracic hyperkyphosis, concluding that Pilates is effective in reducing this condition. In the study by Gandolfi et al.[16], the question of whether the method exerts any favorable effect on bone remodeling in older women was raised; however, the authors concluded that the method is not effective for this purpose, while demonstrating effectiveness for physical functioning, as well as improvement in vitality and emotional aspects.

Lastly, three authors address effects on other variables that were not otherwise cited in isolation in other studies: Roller et al.[31] report that the Pilates Method was effective in significantly improving functional mobility, as well as active range of motion in the lower limbs; Pata et al.[29] demonstrated that Pilates is effective in providing greater mobility and postural stability; and Mokhtari et al.[26] demonstrated that the Pilates Method is a valuable ally in combating depression, given the observed improvement in geriatric depression scale scores.

DISCUSSION

Based on the studies analyzed, it can be inferred that the Pilates Method is effective in improving balance, providing older adults with greater safety with regard to fall risk and/or fear of falling. It is worth noting that this method also has proven effectiveness in improving older adults' quality of life, by enabling greater autonomy, social interaction, and a reduction in chronic pain. Furthermore, the method is also capable of producing effects on other variables, such as depression, flexibility, and strength gains.

In this review, it was possible to observe that the Pilates Method is an important exercise modality with regard to balance improvement, a conclusion also evidenced in other reviews[34,35]. This type of exercise should be encouraged among older adults; however, it is important to understand that the studies used various protocols with regard to intervention period, number of sessions per week, and session duration, which opens up discussion as to which protocol should be prioritized, as well as which

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

Pilates modality is best applied, whether mat-based, Reformer, using accessories, or any other available type.

With regard to quality of life, it can be observed that Pilates is effective for this aspect, as, based on the evidence from the studies, the results presented are quite satisfactory. This conclusion was similar to that found in the study by Oliveira[36], which reported the importance of Pilates in improving quality of life, due to improved physical conditioning, reduced pain, increased concentration, psychological balance, and personal autonomy. It is evident that Pilates is a valuable ally in improving quality of life, as it provides older adults with benefits that counteract the physiological conditions arising from senescence.

With regard to the effects of the Pilates Method on other variables, this review demonstrated that it was effective for balance and for improving flexibility. However, two studies[11,37] diverge from these observed results, reporting that no satisfactory results were found for such variables in the studies reviewed, although the same authors raise considerations regarding the methodological quality of the reviewed studies. One point should be noted regarding these results: the studies analyzed (in those reviews) are based on experimental studies, unlike those analyzed in this review, which comprises various methodological designs, such as randomized clinical trials and longitudinal observational studies.

With regard to pain, this study found quite satisfactory results for improvement in pain status, particularly chronic pain. Similar results were found in two other reviews[38],[39], which stand out for presenting findings not found in this review. In the study by Pereira et al.[38], it was observed that Pilates, by strengthening the lumbopelvic stabilizing muscles, was able to reduce pain levels in this region. In the study by Byrnes et al.[39], the authors found results suggesting that Pilates is effective for other conditions, such as postmenopausal osteoporosis and hypertension. Such studies are highly relevant, as they expand the beneficial effects of Pilates to other variables; however, both sets of authors report the need for further studies to examine these aspects, an idea also shared in this review.

It was reported in this study that Pilates provides, in addition to the effects already described, significant gains in muscle strength and flexibility. However, one study[34] contradicts these findings, also reporting that Pilates is not effective for other components of physical fitness, such as cardiorespiratory endurance and body composition. One point that should be noted is that the studies identified by that author were classified, using the PEDro scale, as being of low quality, indicating the need for further, higher-quality studies addressing these variables.

Lastly, some limitations of this study should be mentioned. First, as this is an integrative review rather than a systematic review with meta-analysis, it entails less critical rigor in the analysis of the evidence. Another limiting factor is that the samples show a predominance of female participants and a low number of participants, as well as a lack of detailed description of the interventions in some studies. Regarding the ages of the samples, it is possible to identify that the 60-to-64-year age group is seldom addressed, although in most studies the mean age is 65 years or older.

Given the above, it is suggested that future research be conducted, particularly randomized controlled clinical trials, with greater methodological rigor, including large

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

and specific samples of both sexes, with detailed description of intervention protocols (exercises, number of repetitions, duration, and frequency) of the sessions, as well as the total number of weeks of intervention), thereby ensuring greater reliability regarding the effects of Pilates on postural balance and quality of life in older adults, particularly within the 60-to-64-year age range, identified as a gap in this review.

CONCLUSION

According to the findings of this study, it was possible to verify that the Pilates Method proved effective for postural balance and quality of life, thereby minimizing the risk of falls in older adults and promoting improvements in functional capacity, social interaction, and well-being among older adults. However, future research employing randomized controlled trials and standardized protocols is needed in order to obtain more robust results that strengthen the scientific evidence.

REFERENCES

1. Deon LS, Silva ER. Benefícios da prática do Método Pilates na aptidão física de idosos. Geriatr Gerontol Aging. 2012; 6: 412-421.
2. Instituto Brasileiro de Geografia e Estatística (IBGE). (2011). Sinopse do Senso Demográfico de 2010. Disponivel em : https://censo2010.ibge.gov.br/sinopse/index.php?dados=12.Acesso em 04 de junho de 2020.
3. Instituto Brasileiro de Geografia e Estatística (IBGE). (2016). Sinopse do Senso Demográfico de 2010. Disponível em : https://censo2016.ibge.gov.br/sinopse/index.php?dados=12. Acesso em 04 de junho de 2020.
4. Ciosak SI, Braz E, Costa MFBNA, Nakano NGR, Rodrigues J, Alencar R.A, et al. Senescência e senilidade: novo paradigma na atenção básica de saúde. Revista da Escola de Enfermagem da USP. 2011;45:1763–8.
5. Torre A, Gerevini H, da Silva Y, Chamma B, Moussa L. A influência do método Pilates no público idoso: uma revisão de literatura. Revista pesquisa e ação. 2017;3(2):2447–0627.
6. Engers PB, Rombaldi AJ, Portella EG, Silva MC da. Efeitos da prática do método Pilates em idosos: uma revisão sistemática. Revista Brasileira de Reumatologia. 2016;56:352–65.
7. Comunello JF. Benefícios do Método Pilates e sua aplicação na reabilitação. Instituto Salus. 2011;1–12.
8. Lagranha DM. Modos somáticos de atenção de praticantes do Método Pilates. Fisioterapia Brasil. 2015;16(4):291–6.
9. Coriolano Appell IP, Pérez VR, Nascimento MD, Appell Coriolano HJ. The Pilates Method to Improve Body Balance in the Elderly. Archives of Exercise in Health and Disease [Internet]. 2012 [citado 23 set 2021];3(3):188-93.
10. Bird ML, Hill KD, Fell JW. A Randomized Controlled Study Investigating Static and Dynamic Balance in Older Adults After Training With Pilates. Archives of Physical Medicine and Rehabilitation

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

[Internet]. Jan 2012 [citado 26 set 2021];93(1):43-9.
11. Costa TRA, Vagetti GC, Piola TS, Silva MP da, Pacífico AB, Bozza R, et al. Comparação da percepção da qualidade de vida em idosas praticantes e não praticantes do Método Pilates. Cadernos Saúde Coletiva. 2018;26:261–9.
12. Cruz-Díaz D, Martínez-Amat A, De la Torre-Cruz MJ, Casuso RA, de Guevara NM, Hita-Contreras F. Effects of a six-week Pilates intervention on balance and fear of falling in women aged over 65 with chronic low-back pain: A randomized controlled trial. Maturitas [Internet]. Dez 2015 [citado 23 set 2021];82(4):371-6.
13. da Rosa KB, Liposcki D, Waltrick T, Slongo A. Qualidade de vida e avaliação funcional em idosos praticantes de pilates e idosos sedentários. Revista Interdisciplinar de Estudos em saúde. 2013;18–28.
14. Donath L, Roth R, Hürlimann C, Zahner L, Faude O. Pilates vs. Balance Training in Health Community-Dwelling Seniors: a 3-arm, Randomized Controlled Trial. International Journal of Sports Medicine [Internet]. 2 dez 2015 [citado 23 set 2021]; 37(03):202-10.
15. Gabizon H, Press Y, Volkov I, Melzer I. The Effects of Pilates Training on Balance Control and Self-Reported Health Status in Community-Dwelling Older Adults: A Randomized Controlled Trial. Journal of Aging and Physical Activity [Internet]. Jul 2016 [citado 23 set 2021];24(3):376-83.
16. Gandolfi NR, Corrente JE, De Vitta A, Gollino L, Mazeto GM. The influence of the Pilates method on quality of life and bone remodelling in older women: a controlled study. Quality of Life Research [Internet]. 11 set 2019 [citado 23 set 2021];29(2):381-9.
17. . Irez GB, Ozdemir RA, Evin R, Irez SG, Korkusuz F. Integrando exercícios de pilates em um programa de exercícios para mulheres com mais de 65 anos de idade para reduzir quedas. J Sports Sci Med. 1 de março de 2011; 10 (1): 105-11.
18. Irez GB. The Effects of Different Exercises on Balance, Fear and Risk of Falling among Adults Aged 65 and Over. The Anthropologist [Internet]. Jul 2014 [citado 23 set 2021];18(1):129-34.
19. Quadros Júnior MC, Pestana AM. Efeito do método Pilates na qualidade dos movimentos da marcha e no equilíbrio de idosos. Fisioterapia Brasil [Internet]. 20 maio 2017 [citado 23 set 2021]; 12(1):37.
20. Josephs S, Pratt ML, Calk Meadows E, Thurmond S, Wagner A. The effectiveness of Pilates on balance and falls in community dwelling older adults. Journal of Bodywork and Movement Therapies [Internet]. Out 2016, [citado 23 set 2021]; 20(4):815-23.
21. Vécseyné Kovách M, Kopkáné Plachy J, Bognár J, Olvasztóné Balogh Z, Barthalos I. Effects of Pilates and aqua fitness training on older adults' physical functioning and quality of life. Biomedical Human Kinetics [Internet]. 2 nov 2013 [citado 23 set 2021];5(1):22-7.
22. Kovalek DO, Guérios L. A influência do método Pilates no equilíbrio e qualidade de vida do idoso. Fisioterapia Brasil [Internet]. 4 jul 2019 [citado 26 set 2021];20(4):15.
23. Liposcki DB, da Silva Nagata IF, Silvano GA, Zanella K, Schneider RH.

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

Influence of a Pilates exercise program on the quality of life of sedentary elderly people: A randomized clinical trial. Journal of Bodywork and Movement Therapies [Internet]. Abr 2019 [citado 23 set 2021];23(2):390-3.

24. Mello NF, Costa DL, Vasconcellos SV, Lensen CM, Corazza ST. The effect of the Contemporary Pilates method on physical fitness, cognition and promotion of quality of life among the elderly. Revista Brasileira de Geriatria e Gerontologia [Internet]. Out 2018 [citado 23 set 2021];21(5):597-603. Disponível em: https://doi.org/10.1590/1981-22562018021.180083
25. Mesquita LS, de Carvalho FT, Freire LS, Neto OP, Zângaro RA. Effects of two exercise protocols on postural balance of elderly women: a randomized controlled trial. BMC Geriatrics [Internet]. 2 jun 2015 [citado 23 set 2021];15(1).
26. Mokhtari M, Nezakatalhossaini M, Esfarjani F. The Effect of 12-Week Pilates Exercises on Depression and Balance Associated with Falling in the Elderly. Procedia - Social and Behavioral Sciences [Internet]. Jan 2013 [citado 23 set 2021];70:1714-23.
27. de Maio Nascimento M, de Lima RKR. Envelhecendo equilibradamente: considerações de um programa de atividade física para idosos fundamentado no método Pilates. EXTRAMUROS-Revista de Extensão da Univasf. 2013;1(1):108–23.
28. Navega MT, Furlanetto MG, Lorenzo DM, Morcelli MH, Tozim BM. Effect of the Mat Pilates method on postural balance and thoracic hyperkyphosis among elderly women: a randomized controlled trial. Revista Brasileira de Geriatria e Gerontologia [Internet]. Jun 2016 [citado 23 set 2021];19(3):465-72. Disponível em: https://doi.org/10.1590/1809-98232016019.150022
29. Pata RW, Lord K, Lamb J. The effect of Pilates based exercise on mobility, postural stability, and balance in order to decrease fall risk in older adults. Journal of Bodywork and Movement Therapies [Internet]. Jul 2014 [citado 23 set 2021];18(3):361-7.
30. Siqueira Rodrigues BG, Ali Cader S, Bento Torres NV, Oliveira EM, Martin Dantas EH. Pilates method in personal autonomy, static balance and quality of life of elderly females. Journal of Bodywork and Movement Therapies [Internet]. Abr 2010 [citado 23 set 2021];14(2):195-202. Disponível em: https://doi.org/10.1016/j.jbmt.2009.12.005
31. Roller M, Kachingwe A, Beling J, Ickes DM, Cabot A, Shrier G. Pilates Reformer exercises for fall risk reduction in older adults: A randomized controlled trial. Journal of Bodywork and Movement Therapies [Internet]. Out 2018 [citado 23 set 2021];22(4):983-98. Disponível em: https://doi.org/10.1016/j.jbmt.2017.09.004
32. Ruiz-Montero PJ, Ruiz-Rico Ruiz GJ, Martín-Moya R, González-Matarín PJ. Do Health-Related Quality of Life and Pain-Coping Strategies Explain the Relationship between Older Women Participants in a Pilates-Aerobic Program and Bodily Pain? A Multiple Mediation Model. International Journal of Environmental Research and Public

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

Health [Internet]. 4 set 2019 [citado 23 set 2021]; 16(18):3249.
33. Tozim BM, Furlanetto MG, França DM, Morcelli MH, Navega MT. Efeito do método Pilates na flexibilidade, qualidade de vida e nível de dor em idosos. ConScientiae Saúde [Internet]. 12 fev 2015 [citado 23 set 2021];13(4):563-70.
34. Cancela JM, de Oliveira IM, Rodríguez-Fuentes G. Effects of Pilates method in physical fitness on older adults. A systematic review. European Review of Aging and Physical Activity [Internet]. 21 ago 2014 [citado 23 set 2021]; 11(2):81-94.
35. Casonatto J, Yamacita CM. Pilates exercise and postural balance in older adults: A systematic review and meta-analysis of randomized controlled trials. Complementary Therapies in Medicine [Internet]. Jan 2020 [citado 23 set 2021]; 48:102232.
36. Oliveira, AGT. Benefícios do método pilates na terceira idade: uma revisão sistemática. Orientador: Lorena Resende Cruz. 2019. 12f. Trabalho de Conclusão de Curso (Bacharel em Educação Física) - Centro Universitário do Planalto Central Apparecido dos Santos, 2019.
37. Engers PB, Rombaldi AJ, Portella EG, Silva MC. Efeitos da prática do método Pilates em idosos: uma revisão sistemática. Revista Brasileira de Reumatologia [Internet]. Jul 2016 [citado 23 sets 2021];56(4):352-65.
38. Pereira TA, Sousa TA, Silva ZM. Melhora da funcionalidade e da intensidade da dor em pacientes com dor lombar através do método Pilates: uma revisão de literatura. Interfaces Científicas - Saúde e Ambiente [Internet]. 27 out 2014 [citado 23 sets 2021];3(1):75-82.
39. Byrnes K, Wu PJ, Whillier S. Is Pilates an effective rehabilitation tool? A systematic review. Journal of Bodywork and Movement Therapies [Internet]. Jan 2018 [citado 26 set 2021];22(1):192-202.

How to cite this article:

Santos A, Freitas IV, Santana JS, Azevedo-Santos IF. Effects of the Pilates Method on Balance and Quality of Life in the Elderly: Integrative Review. Rev. Aten. Saúde. 2026; e20268403(24). doi https//doi.org/10.13037/ras.vol24.e20268403

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).

Effects of Pilates Method on balance and quality of life of elderly people: Integrative Review

Efeitos do Método Pilates no equilíbrio e qualidade de vida do idoso: Revisão Integrativa

Copyright: © 2026, the authors. Licensed under the terms and conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives License 4.0 (CC BY-NC-ND 4.0) (https://creativecommons.org/licenses/by-nc-nd/4.0/).