# 08 - SOCIO-ECONOMIC PROFILE OF THE PILATES METHOD IN LAGES/SC

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## INTRODUCTION

Joseph Pilates was self-taught and managed to develop a methodology able to provide the balance between strength and flexibility.Contrology as Joseph called his method is the complete coordination of body, mind and spirit (PANELLI e DE MARCO, 2006).

As Davis (2006), Joseph Pilates developed eight basic principles to guide their exercises.These principles are: concentration, control, precision and coordination, isolation and integration, centralization, flowing movement, breathing and routine.

The method is widely used by many professionals, both those who work in the training of athletes and also in the prevention and treatment of musculoskeletal disorders (KOLYNIAK e CAVALCANTI, 2004).

According to Rose and Lima (2009), the finding that the number of practicing Pilates has increased greatly in recent decades comes only encourage and support the need for the scientific basis for health professionals in this area.

There has been a considerable growth in the number of professionals working with the Pilates method in Lages / SC, which has 156,737 inhabitants and is the 8th most populous municipality of Santa Catarina corresponding to 2.5% of the state population (LAGES EM DESENVOLVIMENTO, 2012).

Thus we see the need for studies on this technique, in order to inform more and more people as well as professionals in the health, economy and education.

## OBJECTIVE

Describe the socio-economic service with the Pilates method in Lages/SC.

## METHODS

Transversal descriptive study (ANDRADE, 2010), conducted in Lages SC on establishments that offer service Pilates. At first we conducted a survey of the sites that had the service, such as gyms, physical therapy clinics and Pilates Studios. Then were delivered the Statement of Consent - Informed Consent and an attached questionnaire with 16 questions concerning the socio-economic related services, such as the monthly, investment management fees of professionals, among others.

The sample was composed by 33 professionals, using the following inclusion criteria: informed consent and signature of completing the questionnaire.

Data were analyzed using SPSS 13.0 (APACHE, 2004) for descriptive statistics through.

## RESULTS AND DISCUSSION

The city of Lages-SC has 25 establishments offering the service Pilates, between clinics, gyms and studios, and in such, act 37 professionals.The sample was composed by 33 professionals, with the majority (60.6%) said they worked in another location besides the pilates, most of them (54.6%) held graduate Pilates in Lages-SC.

Regarding the age of the students practicing Pilates, the majority (63.6%) of the students are between 40 and 50 years old. The female is the most practiced Pilates (90.9%) corroborates a study of Lima et al (2009), there was a predominance of females in the sample, indicating the interest of women to seek and practice activity physics. According Dumith et al (2009), national studies confirm that women are more likely than men to engage in activities.

It was observed that there are more professionals Physiotherapy (79%) working with Pilates in Lages-SC than Physical Education professionals (21%).According to Da Silva and Mannrich (2009), Pilates can be an effective tool for physiotherapist in rehabilitation, with varying benefits and few contraindications.Can be used by physical therapists for rehabilitation of different populations and dysfunction, always following the principles of the method and respecting the individual conditions.

As the law COFFITO Resolution No. 386 of 08/06/2011 competes physiotherapist for the exercise of the Pilates method, prescribe treatment to induce and evaluate the result from the use of resources and mechanic therapeutics. As Di Lorenzo (2011), Da Silva and Mannrich (2009), professionals working in clinical Pilates should consider prescribing training and limitations of patients and athletes. It is essential to know its applications, counter indications, how to use, in addition to other characteristics make and offer the patient the technique appropriately to the changes made by him.The high demands neuromuscular classical method should be adapted and adaptation in rehabilitation is challenging.

The Physical Educator according Tojal et al. (2004), that is geared to the practice of specialized knowledge in anatomy and physiology of the human body, developing movements and activities aimed at the welfare of the person. According to the resolution CONCEF No. 201/2010 is the prerogative of Physical Education Professionals aimed at Pilates to promote, optimize, enhance and improve physiological functioning organic, as well as the conditioning and performance physical body oriented wellness, style active life and promoting health.

The effectiveness depends on the Pilates instructor; requirements for certification of instructors are varied. Pilates is being increasingly integrated rehabilitation programs for professionals without adequate training (DI LORENZO, 2011).

The method most used by professionals is the Studio (87.8%), followed by soil (12.2%). The Method Pilates studio consists of performing exercises that uses gravity and resources mechanic therapeutics as springs, which act as resistance during the execution of the movement, as well as the help of own motion. And accessories can be used not used originally by Joseph Pilates as balls, elastic, rubber and dumbbells (RODRIGUES et al., 2010).

Regarding the number of students per zone (42.4%) of professionals sample participants meet three students per schedule. According to the Brazilian Association of Pilates (2012), the classes can be: individual or in groups of up to three people. This happens for the series to be adapted to the needs of each practitioner and also so that the instructor can devote

attention to the quality of the movements of each student.

Regarding the investment in equipment, the 25 establishments 52% invested more than R $ 20,000.00, 16% of R $ 10,000.00 to R $ 15,000.00 and 32% of $ 5,000.00 to R $ 10,000.00.

Regarding the form of payment, 95% of students pay tuition establishments anticipated month of use. The following table illustrates the mean, mode, minimum and maximum amount of tuition charged according to the number of weekly classes.

Table 1. Monthly and Weekly Lessons Numbers

| | 1 session/ week | 2 session/ week | 3 session / week | 4 session / week |
|---|---|---|---|---|
| Mean | R$84,00 | R$151,00 | R$208,00 | R$ 264,00 |
| Mode | R$70,00 | R$140,00 | R$210,00 | R$ 280,00 |
| Minimum Value | R$40,00 | R$40,00 | R$46,00 | R$55,00 |
| Maximum Value | R$130,00 | R$240,00 | R$360,00 | R$480,00 |

The form of contract settlement with professionals serving in Pilates is through fee for service (64%), monthly salary (8%) and attendance by owner (28%).

The following table demonstrates the values mensair Pro-Labore total establishment as well as the Pro-Labore professionals.

Table 2. Pro-Labore

| | Studio/ Clinic / Academy | Professional |
|---|---|---|
| Mean | R$3.600,00 | R$2.000,00 |
| Mode | R$3.000,00 | R$1.500,00 |
| Minimum Value | R$900,00 | R$200,00 |
| Maximum Value | R$7.000,00 | R$5.500,00 |

Monday Magazine Pilates (2013) in the United States the price per class can reach U $ 75.00 dollars. In Brazil the monthly price for 2 classes per week may several R $ 150.00 to R $ 550.00 on average, depending on the region of the country, this is an average of the market and should not be seen as a "guide values" each professional must have an understanding of how their work is worth.

William Melilli, commercial manager Metalife Pilates (REVISTA PILATES, 2013), active in manufacturing equipment, consulting and professional training, says i amount charged by Pilates classes are associated with high levels of training of professionals and the cost of initial investment in safety, ie, quality of equipment. With a studio, well equipped with a specialized teacher and international certificate requires good investment initial and constant investment in both professional and update the devices.

**CONCLUSIONS**

We conclude that in Lages / SC there are more Physiotherapists with Physical Educators working with the Pilates method. The average investment in the Studio is R $ 15,000.00, the average tuition charged for two classes per week is $ 151.00; the average monthly income of professionals involved is R $ 2,000.00.

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**SOCIO-ECONOMIC PROFILE OF THE PILATES METHOD IN LAGES/SC**

**ABSTRACT:**

Introduction: The Pilates method is a program of physical and mental training that strengthens the mind and body as one unit. The method is widely used by many professionals, both those who work in the training of athletes as well as in the prevention and treatment of musculoskeletal disorders. Objective: To characterize the socio-economic profile of the Pilates method in Lages / SC. Methods: A descriptive cross-sectional sample of 33 active professionals. Instrument was a questionnaire socio-economic with open and closed questions. Results: Most professionals are physiotherapists. The average investment in the Studio is R$ 15,000.00, the average tuition charged for two hours a week is R $ 151.00, the average weekly income of working professionals is R$ 2,000.00. Conclusion: The use of the Pilates method has been growing rapidly, we need studies on the socio-economic profile elsewhere in the country compared to the numbers practiced in Lages/SC.

**KEYWORDS:** Profile, Economic, Pilates.

**PROFIL SOCIO-ÉCONOMIQUE DE LA MÉTHODE PILATES DANS LAGES/SC**

**RÉSUMÉ**

Introduction: La method Pilates est un programme d'entraînement physique et mental que le corps et l'esprit consolidé comme une unité. La method est largement utilize par de nombreux professionnels, aussi bien ceux qui travaillent dans la formation des athletes ainsi que la prevention et le traitement des trobles musculo-squelettiques. Objectif: Caractériser le profil socio-économique de la méthode Pilates dans Lages/SC. Méthodes: Étude transversale auprès d'um échantillon de 33 professionnels actifs. Instrument utilisé est um questionnaire sócio-economique avec questions ouvert e fermé.Résultats: La plupart des professionnels sont physiothérapeutes. L'investissement moyen dans Le Studio est R$15.000,00; le mensuel moyen facture pour deux classes par semaine est R$151,00; le revenu mensuel moyen des professionnels est R$2.000,00. Conclusion:L'utilisation de La méthode Pilates est em pleine croissance; nous avons besoin d'études sur le profil sócio-économique dans le reste du pays pour La comparaison avec lês chiffres pratiquées dans Lages/SC.

**MOTS-CLÉS:** Profil, Économique, Pilates.

**PERFIL SOCIOECONÓMICO DEL MÉTODO PILATES EN LAGES/SC**

**RESUMEN**

Introducción: El método pilates ES um programa de entrenamiento físico y mental que el cuerpo y La mente consolidado como uma unidad. El método ES ampliamente utilizado por muchos profesionales, tanto los que trabajan em La formación de los deportistas, así como La prevención y el tratamiento de los transtornos musculoesqueléticos. Objetivo: Caracterizar el perfil sócio-económico del método Pilates em Lages/SC. Metodos: Estudio transversal com una muestra de 33 profesionales em activo. Instrumento utilizado fue um cuestionario sócio-económico con preguntas abiertas e cerradas. Resultados:La mayoía de los profesionales son fisioterapeutas. La inversión media em el Studio es R$15.000,00; la matrícula promedio cobrada durante dos clases a la semana ES R$151,00;el rendimiento promedio mensual de los orofesionales es R$2.000,00. Conclusiones: El uso del método Pilates está creciendo rápidamente; necesitamos estúdios sobre el perfil sócio-económico em otras partes del país para La comparación com lãs cifras que se practican em Lages/SC.

**PALABRAS CLAVE:** Perfil, Económico, Pilates.

**PERFIL SÓCIO-ECONÔMICO DO MÉTODO PILATES EM LAGES/SC**

**RESUMO**

Introdução: O método Pilates é um programa de treinamento físico e mental que consolida o corpo e a mente como uma unidade. O método é muito utilizado por diversos profissionais, tanto os que atuam no treinamento de atletas como também na prevenção e no tratamento de desordens musculoesqueléticas. Objetivo: Caracterizar o perfil sócio-econômico do método Pilates em Lages/SC. Métodos: Estudo descritivo transversal, com amostra de 33 profissionais atuantes. Instrumento utilizado foi um questionário sócio-econômico com perguntas abertas e fechadas. Resultados: A maioria dos profissionais são fisioterapeutas. O valor médio de investimento no Studio é de R$15.000,00; a mensalidade média cobrada por duas aulas semanais é de R$151,00; o rendimento mensal médio dos profissionais é de R$2.000,00. Conclusão: O uso do método Pilates vem crescendo rapidamente; há necessidade de estudos sobre o perfil sócio-econômico em outros lugares do país para comparação com os números praticados em Lages/SC.

**PALAVRAS-CHAVES:** Perfil, Econômico, Pilates.