

The PMA Research Forum accepts submissions for **Case Presentations**. The purpose of case presentations at the PMA research forum is to share information about a unique or unusual condition, a novel therapeutic approach, or a rarely observed outcome. Case presentations provide the opportunity for PMA Research Forum attendees to gain an in-depth understanding of Pilates or Pilates-based exercises. There are two categories of case presentations:

- **Case studies**— are prospectively designed experiments or interventions using Pilates or Pilates-based exercises and analysis of the effects on the case subject. Because case studies involve experimentation on human subjects, the subject of a case study must consent to participate in the experiment or intervention. Review and approval by a Human Subjects Institutional Review Board (IRB) is required prior to execution of the experiment or intervention.
- **Case reports**—are retrospective analyses of the effects of a Pilates intervention or observation of an outcome. Case reports are not experimental but can be reported for educational purposes to Pilates teachers and practitioners attending the Research Forum. Subjects must provide consent to be the subject of the case report.

Before submitting an abstract to present a case, consider:

- Has existing research or information similar to this case been previously presented or published elsewhere? If so, then the case would not meet the general criteria for a new and novel case presentation.
- How does this case enhance the practice of teaching Pilates? The experiment or intervention for this particular case should be generalizable to the larger practice of Pilates. The activities reported should be practical and repeatable applications.
- How is the rationale for the design of the experiment/intervention related to Pilates practice? Avoid exercises that substantially deviate from the exercises originally developed by Joseph Pilates.
- Why is this particular case presentation is important to share?

For all case presentations, the identity of the subject must be confidential. A pseudonym should be used in place of the subject's name.

Use People-First Language: When referring to patients or clients, refer to them in “people-first” language. This type of language aims to avoid dehumanizing discussions regarding people with disabilities or pathologies. For example, use “people with disabilities” vs. “disabled people” or “person with diabetes” vs. “diabetic”.

Case Report Abstract Format: *(Font: Times New Roman, 12 pt, Max Word Count 500)*

TITLE: The title must include the words Case Report, i.e. “Case Report: The Use of Pilates as an Intervention for Total Shoulder Replacement”

PURPOSE AND BACKGROUND: .

Provide an overview to introduce the importance and necessity of the topic. Summarize clinical background relevant to the presentation of the subject. Review research and professional literature relevant to the case. Include a clear purpose or aim for the case report.

SUBJECT/CLIENT HISTORY: Demographic and clinical introduction to the subject. Relevant medical history, co-morbidities (all known diagnoses), chief complaints, prior services received related to the condition or episode.

Explain the primary problem and any other conflicting variables that may have confounded the intervention and/or outcomes. Provide a statement on human subject protection.

METHODS AND MATERIALS: Describe the overall plan or intervention that was used including frequency of sessions, length of sessions, and general focus of exercises. What techniques/instruments were used to collect the data? What materials and equipment were included within this study? Briefly summarize the Pilates intervention including a description of the exercises (Apparatus and/or Mat) and comparison interventions (where applicable).

ASSESSMENT/ANALYSIS: Clearly describe the tests and measures that were performed to obtain baseline and/or follow-up information. Explain how these tests and measures are incorporated into regular work with clients in your practice.

Lastly, clearly state how you analyzed the results which may have included direct observation, statistical procedures, and/or qualitative analysis through interviews or journaling.

RESULTS: Summarize the results of the case by clearly reporting the major findings. Include outcome measures at the personal level (e.g., outcomes related to activity or participation) in addition to any other relevant outcome measures. Use tables and figures to enhance the description. Finally, discuss whether the client met their own goals.

CONCLUSIONS: Reflect on how the intervention *may* have assisted in addressing the target problem. The key points of development and application should be tied back to the rationale for the intervention and literature on previous treatment approaches for a similar problem. Avoid any definitive cause-and-effect statements about interventions. Speculate on potential implications for future exercise interventions.

REFERENCES: Include at least 5 references from peer-reviewed research publications that directly informed the development of your research methods and were published less than 5 to 10 years ago unless a foundational study was conducted earlier.

Use the following style for your peer-reviewed references:

Filbay SR, Crossley KM, Ackerman IN. (2016) Activity preferences, lifestyle modifications and re-injury fears influence longer-term quality of life in people with knee symptoms following anterior cruciate ligament reconstruction: a qualitative study. *J Physiotherapy* 62(2): 103-110.

REFERENCES FOR THIS ARTICLE:

- APTA, Physical Therapy Journal: *Essentials of Writing Case Reports*, 2014.
http://ptjournal.apta.org/site/misc/ifora_author_assistance.xhtml#tips_tables
- Texas Women's University: *Evidence-Based Practice: Levels of Evidence*
URL: <http://libguides.twu.edu/evidencebasedpractice>

If you have any questions, contact Sherri Betz, Chair of the PMA Research Committee at sherrib@pilatesmethodalliance.org.

WORKSHEET:

TITLE: Case Report: The Use of Pilates as an Intervention for _____”

PURPOSE AND BACKGROUND .

Overview:

Client benefits:

Relevant Literature:

SUBJECT/CLIENT HISTORY

Client Age: _____ Sex: _____

Diagnoses:

Chief complaints:

Prior services received related to the condition:

Statement on human subject protection and privacy:

METHODS AND MATERIALS:

Pilates Group or Private:

Frequency of sessions:

Length of sessions:

Pilates Apparatus:

Pilates exercises:

Focus of exercises:

Measurements:

ASSESSMENT/ANALYSIS

Tests and measures:

Analysis of Results (Observation, Statistics, Interviews, Journaling, Self-Report, Pain Scale):

RESULTS:

Summary of Results:

Outcome measures (sports, recreation or work activities or participation)

Tables or figures:

Client goals met:

CONCLUSIONS

How the intervention *may* have assisted in addressing the target problem:

Rationale for the intervention:

Literature on previous treatment approaches for a similar problem:

Future exercise interventions:

REFERENCES:

- 1.
- 2.
- 3.
- 4.
- 5.