

eVolution: Pilates and Physical Therapy Evolved

How Pilates is being powerfully used by Viverant Physical Therapists for injury prevention, recovery, and performance.

Over the past five years, there's been considerable growth in the use of Pilates and physical therapy together. To get the greatest benefit of pairing these two systems requires a trained practitioner who can safely apply the principles and guide your body.

Viverant has developed eVolution, an innovative system that combines Pilates and the distinctive physical therapy skills of the Viverant team to harness the best of each.

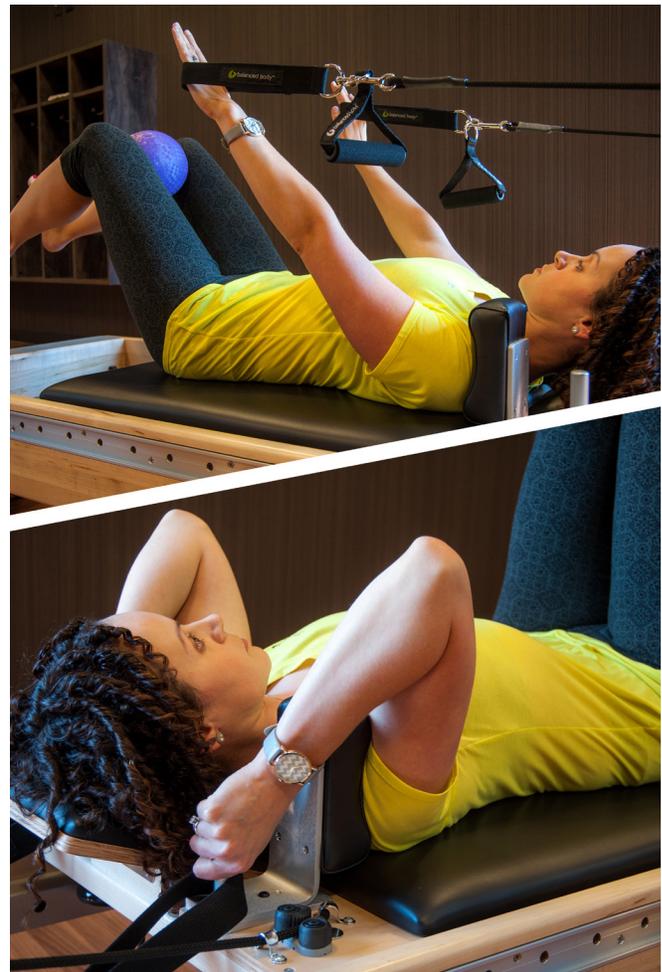
Pilates focuses on controlled movements that build strength and balance through better alignment and a proper core integration, giving greater impact to physical therapy intervention.

An innovative system that combines Pilates and the distinctive physical therapy skills of the Viverant team to harness the best of each.

Therapists trained in both specialties are adept at assessment and strategic application of Pilates in a way that's designed to correct problems in your body and leave you stronger than ever. The system consists of two distinct phases: eVolution Foundation and eVolution Lifestyle—look for the details on each in an upcoming blog post—and both are centered on helping clients build a better foundation for how they move, work, and live.

CHANGE FOR THE FUTURE, NOT JUST THE PRESENT

Perhaps you are dealing with a sore shoulder, accompanied by mobility limitations and weaknesses. With some physical therapy approaches, you work through those issues with a very specific joint focus.



The reformer is just one of many tools the Physical Therapists leverage to build your foundation and enhance your performance.

But what happens a few months later, when how you move causes the exact same problem to recur?

This happens all too often in health care, because treating symptoms of a problem now doesn't necessarily mean you prevent it from occurring in the future.

By providing a more robust avenue to reintegrate the injured body part with the rest of your body, eVolution will help you reach your maximum potential.

At Viverant, the eVolution therapists will address your whole body. You will learn how a poor pattern in one part of your body contributes to a symptom elsewhere. You will learn how important it is to address the entire body in treating a local injury, reducing the likelihood of re-injury.

The eVolution system centers on changing the way you use your body, in every way. Whether you're training for an Ironman or you just want to pick up your toddler from the floor, you need strength and flexibility that comes from proper total body integration. You need to use your body in an efficient and mindful way that prevents injury during activity.

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This is why eVolution is geared toward building your foundation, so you can move in ways that are a benefit, not a hindrance.

TREATMENT IS HIGHLY CUSTOMIZED

When you begin eVolution, you start with a CoreScoreSM assessment that gives us an idea of how you use your body during everyday tasks and exercises, including how you integrate your glutes, core and trunk muscles.

From there, we develop a treatment plan that's tailored for you and your needs. eVolution teaches you how to build deep strength in a way that's easy on your joints. You'll learn how to move more efficiently, with a session that uses your whole body, every time.

ABOUT VIVERANT

Viverant is a living, breathing community of expert physical therapists and top health professionals, all dedicated to helping you realize true recovery and your full physical potential. Stay in touch with us to keep up with what's new and what's next.

The medical information on this site is provided as an information resource only, and is not to be used or relied on for diagnostic or treatment purposes. This information should not be used as a substitute for professional diagnosis and treatment. Please consult your health care provider, or contact Viverant for an appointment before making any healthcare decisions or for guidance about a specific medical condition. Viverant shall have no liability, for any damages, loss, injury, or liability whatsoever suffered as a result of your reliance on the information contained in this site.

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Another distinguishing feature: Our practitioners must earn a rigorous certification before they can do assessments and treatments. Viverant believes that having the best-educated, most experienced practitioners is a major component of eVolution's effectiveness and beneficial outcomes for clients.

True to its name, eVolution represents the next level of treatment. This powerful and results-focused system can truly change people's lives. We've seen the effects on numerous clients, and encourage you to learn more.

SPECIAL OFFER

Free eVolution CoreScoreSM assessment and Pilates intro for the first NEW 25 patients to schedule at Minnetonka, Woodbury, Vadnais Heights and Duluth.

Download your free CoreScore assessment voucher, schedule an appointment and make sure to bring it in during your visit.

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