

Pilates physiotherapy for ankylosing spondylitis patients: Impact on lung function [Pilates en pacientes con espondilitis anquilosante: repercusión en la función pulmonar]

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Aim To evaluate the impact of physiotherapy, based on the Pilates Method, on the lung function of patients with Ankylosing Spondylitis (AS). **Material and methods** A randomised clinical trial (RCT) was performed with 49 patients diagnosed with AS according to the modified New York criteria. Two groups were randomly established. Therapeutic Pilates-based exercise was performed by 26 patients for 17 weeks, in 90 minute sessions on alternative days, supervised by a physiotherapist. The control group (23 patients) used a conventional exercise program at home. The variables analysed were: rib cage expansion, forced vital capacity (FVC), forced expiratory volume (FEV1), and the FEV1/FVC ratio. **Results** No significant differences were found in the values of rib cage expansion between control and experimental groups ($P=.686$), while there were differences before and after intervention in the experimental group ($P=.780$). The values of spirometry were similar in both control and experimental groups. No-significant increase in FVC was observed in the experimental group ($P=.122$). **Conclusions** The impact of Pilates-based exercises on spirometry values and rib cage expansion is limited, although there was a tendency to improve FVC after Pilates exercises. These types of exercise protocols should be considered, for their clinical application, in specific respiratory physiotherapy. © 2017 Asociación Española de Fisioterapeutas

Ankylosing spondylitis

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