

Accepted Manuscript

Is Pilates an effective rehabilitation tool? A systematic review

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PII: S1360-8592(17)30095-5

DOI: [10.1016/j.jbmt.2017.04.008](https://doi.org/10.1016/j.jbmt.2017.04.008)

Reference: YJBMT 1518

To appear in: *Journal of Bodywork & Movement Therapies*

Received Date: 18 January 2017

Revised Date: 26 March 2017

Accepted Date: 4 April 2017

Please cite this article as: Byrnes, K., Wu, P.-J., Whillier, S., Is Pilates an effective rehabilitation tool? A systematic review, *Journal of Bodywork & Movement Therapies* (2017), doi: 10.1016/j.jbmt.2017.04.008.

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Review Article

IS PILATES AN EFFECTIVE REHABILITATION TOOL? A
SYSTEMATIC REVIEW

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