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**Short Report**

## NEUROMUSCULAR EFFICIENCY OF THE MULTIFIDUS MUSCLE IN PILATES PRACTITIONERS AND NON-PRACTITIONERS

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**Abstract**

*Background:* Pilates exercises help stabilize the vertebral segments by recruiting the abdominal and spinal muscles. Pilates training may increase joint stability and improve neuromuscular efficiency (NME).

*Objective:* This study aimed to evaluate NME of the multifidus (MU) muscle through electromyography (EMG) analysis and torque test, applied to practitioners and non-practitioners of Pilates.

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