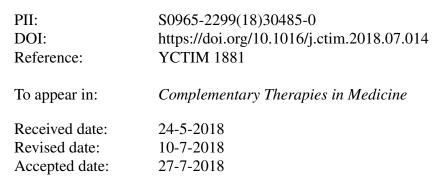
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Short Report

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

Authors: Ana C. Panhan¹, Mauro Gonçalves², Giovana D. Eltz², Marina M. Villalba², Adalgiso C. Cardozo², Fausto Bérzin¹

¹Department of Morphology (Anatomy), Piracicaba Dental School, University of Campinas (UNICAMP), Piracicaba, São Paulo, Brazil.

²Department of Physical Education, São Paulo State University (UNESP), Rio Claro, São Paulo, Brazil.

Correspondence:

Name: Ana C. Panhan Department: Morphology (Anatomy),

Institution: Piracicaba Dental School, UNICAMP.

Country: Brazil Phone: +55 19 99297 2026 E-mail: carol_panhan@hotmail.com

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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