

Accepted Manuscript

Title: Pilates in noncommunicable diseases: a systematic review of its effects

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PII: S0965-2299(18)30259-0
DOI: <https://doi.org/10.1016/j.ctim.2018.05.018>
Reference: YCTIM 1859

To appear in: *Complementary Therapies in Medicine*

Received date: 23-3-2018
Revised date: 31-5-2018
Accepted date: 31-5-2018

Please cite this article as: Miranda S, Marques A, Pilates in noncommunicable diseases: a systematic review of its effects, *Complementary Therapies in Medicine* (2018), <https://doi.org/10.1016/j.ctim.2018.05.018>

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Pilates in noncommunicable diseases: a systematic review of its effects

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Word count: 3500

Highlights of the systematic review:

- Due to the strong evidence presented, Pilates should be considered for improving exercise tolerance in people with NCDs;
- Practice of Pilates as a complementary therapy for people with NCDs might produce additional benefits on symptoms, muscle strength and health-related quality of life.
- Additional studies with robust methodologies are needed to enhance our knowledge on Pilates effectiveness in several health domains.

Abstract

Objectives: Chronic cardiovascular diseases, cancer, chronic respiratory diseases and diabetes are the four major groups of non-communicable diseases (NCDs) and the main cause of mortality worldwide. Pilates has been described as an effective intervention to promote

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