

the pink ribbon program

The Pink Ribbon Program is a Pilates-based exercise program designed specifically for breast cancer survivors. It is designed to help stretch and strengthen the shoulder, chest, back, and abdominal muscles, allowing individuals to regain strength and range of motion to those areas affected by breast cancer surgery and treatment. The Pink Ribbon Program was created by an exercise physiologist and breast cancer survivor, and has been embraced by hospitals, physical therapy centers, educational institutions, rehabilitation clinics, and by survivors managing their own physical recovery. It works in conjunction with your doctor's recommendations for an exercise program, and it can be used in conjunction with, or as a follow-up to prescribed physical therapy. This program is suitable whether your surgery was recent or several years ago, and accommodates all fitness levels.

Rediscovering the strength, freedom, and joy inside our bodies is something we all desire. Many breast cancer survivors are actively searching for ways to do that as they manage their physical and emotional recovery. The profound importance of developing a more vital, mobile, and well-balanced body and a sense of well-being takes on new meaning. Although surgery and treatments may leave patients feeling depleted and wanting to retreat from activity, that may be the time to get moving. Recent studies indicate a link between moderate physical exercise and improved quality of life for breast cancer survivors.

pinkribbonprogram.com

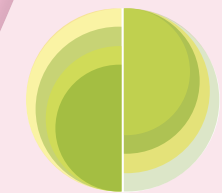
quality teaching

All Pilates Center of Rockville instructors are Pilates Method Alliance (PMA) Certified, have completed a comprehensive training program of 600+ hours, and many have years of teaching experience. The PMA is an international organization dedicated to upholding the highest standard of quality teaching and education in the Pilates profession. In addition, all of our instructors are certified through The Pink Ribbon Program to work with breast cancer survivors.



5751-D Fishers Lane
Rockville, Maryland 20852
info@pilatescenterofrockville.com
301.770.3340

pilatescenterofrockville.com



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program design

There are four phases of The Pink Ribbon Program. Progression from one phase to the next varies with each individual. Because everyone is different and heals at an individual pace, you should consult with your doctor or healthcare team member before starting this or any exercise program.

PHASE I focuses on increasing range of motion of the shoulder, expansion of the chest, and shoulder blade stabilization.

PHASE II focuses on improving core strength and movement. Spinal and core stability exercises are also added in this phase.

PHASE III adds more strengthening exercises for the core and we begin to incorporate lower body strength and stability exercises.

PHASE IV introduces the use of resistance to the workout.



the center

Pilates Center of Rockville is proud to have several of our instructors certified by The Pink Ribbon Program. Pink Ribbon certified instructors are qualified to assess, design, and implement exercise programs for those diagnosed with breast cancer. Areas of expertise include an understanding of the cancer process from diagnosis to treatment, recovery, and lymphedema.

Pilates Center of Rockville is an inviting environment with an inspired team of teachers whose passion is to help clients transform their health and well-being through the classical Pilates Method. Regardless of age, level of fitness, and individual goals, we teach people to reshape, re-educate, rehabilitate, and rediscover the strength, freedom and joy inside every body.

The Pink Ribbon Program is perfectly aligned with our philosophy and values, and we approach it with full compassion and dedication.

pricing

Clients begin with a free 1/2 hour initial assessment. Then, you can continue with Private lessons, which will be customized to your needs to progress you through the phases of the program. We find that our clients are able to transition to more traditional Pilates exercises over time as they build strength, mobility, and stamina. Private lessons are 55 minutes in length, and may be purchased at discounted membership rates with our Combo Cards.

1/2 HOUR INITIAL ASSESSMENT	FREE
PRIVATE LESSON	SEE WEBSITE PRICING

benefits of the pink ribbon program

- Helps regain strength and mobility in the affected shoulder and arm
- Enhances energy levels
- Improves core strength and stability
- Enhances physical and mental well-being
- Decreases stress and tension
- Improves sleep and alleviates fatigue

