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Evaluate how you can use your equipment to fulfill fascia-focused movement criteria

Use this equipment checklist that includes changes and additions (since 1985) to equipment designed by J. H. Pilates.

Fascia-focused movement criteria **"A tensegrity structure provides a global response to a local mechanical stress. The result is a degree of independence from the force of gravity. Without a tensegrity model, our fibrillar structure would collapse under gravitational force. With the tensegrity model, our structure absorbs and disperses the compression by spreading the load throughout the entire network, including the structures at the periphery." (Guimberteau & Armstrong, 2015)	**Reformer**												**Chair**		**Barrel**		**Additional**		
	Leather straps/stationary pulleys	Ropes/swivel pulleys	Stationary pulleys	Adjustable height pulleys	Foot bar only	Jump board	Foot bar with two adjustments	Infinity Footbar®	Reformer with no Tower	Reformer with Tower	Reformer	Reformer/Trapeze Combination™	Chair with single pedal	Chair with split pedal	J. H. Pilates Spine-Corrector	Pilates Arc®	Foam roller	Rotator discs	CoreAlign® with four carts
Movement requirements																			
1. Movements are sustainable for motor control refinement and collagen remodeling																			
2. Movements encourage awareness of the biotensegrity model*																			
3. Access all appropriate myofascial continuities in optimal sequence for client profile																			
Movement intent																			
4. Interoception – Interstitial nerves in fascia serve an interoceptive, rather than proprioceptive or nociceptive function.																			
5. Proprioceptive refinement																			
6. Kinesthetic acuity																			
Movement attributes																			
7. Whole-body movements simultaneously involving large areas of the neuromyofascial system																			
8. Whole-body continuity																			
9. Movement initiation																			
10. Flowing movement sequences																			
11. Multidirectional movements with slight changes of angle																			
12. Force/load transfer																			
13. Preparatory countermovement																			
14. Dynamic stretching – slow and fast tempo variations																			
Movement outcomes																			
15. Facilitate tissue hydration																			
16. Develop glide of the fascial system																			
17. Stimulate tissue renewal																			
18. Develop tissue resilience																			
19. Develop regular lattice with crimp																			
20. Develop elastic recoil																			