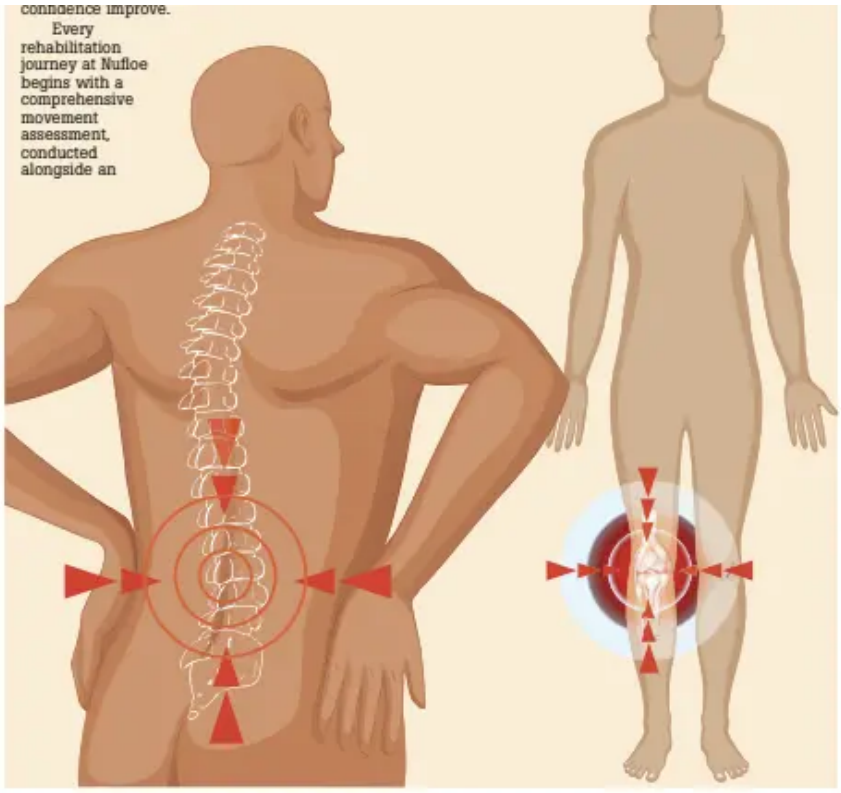
- Physical therapy

Knee Pain, Back Pain or Recovering from Surgery?

Here's Why Pilates Is Becoming the Future of Rehabilitation

Daily Mirror (Sri Lanka) · 30 Mar 2026 · 10 · Sent by Savindya Tissera, Founder, Nufloe

Longevity today is not just about how long we live, but how well we move, function, and remain independent as we age. At Nufloe, rehabilitation is not viewed as a short-term solution after injury or surgery, but as the foundation for long-term strength, mobility, and resilience. Our clients come from many different backgrounds, ages, and abilities, and each rehabilitation journey is unique. Pilates can be adapted to support people at every stage of life.



A growing number of physiotherapists, orthopaedic surgeons, and sports medicine specialists are recommending Pilates-based movement rehabilitation as a key step in recovery. Many of these patients are referred to Nufloe in Colombo, a studio that positions itself as a movement rehabilitation centre that works closely with medical professionals. This collaborative approach ensures recovery continues beyond the reduction of pain, helping individuals rebuild strength, stability, and confidence in movement. "Our goal is not simply to exercise people," says founder Savindya Tissera. "It is to restore how the body moves."

Research on mind-body movement supports this approach. According to the Harvard Gazette, researchers at Harvard-affiliated Brigham and Women's Hospital reviewed 33 studies involving 2,384 adults over the age of 65. They found that mind-body practices improved walking speed and leg strength, both of which are important indicators of reduced frailty and increased longevity. Published in Annals of Internal

Medicine, the study highlighted walking speed as particularly significant because slower walking speeds are associated with a higher risk of mortality in older adults.

Pilates practices controlled movement, breath awareness, alignment, and neuromuscular coordination. These integrative practices can help prevent frailty by addressing multiple factors simultaneously, including mobility limitations, balance issues, and muscular weakness, outcomes we frequently observe through Pilatesbased rehabilitation.

Many people arrive at Nufloe because something in their body no longer feels right. It might be knee pain when climbing stairs, persistent lower back discomfort after long hours at a desk, stiffness in the shoulders, or difficulty returning to normal movement after injury or surgery. Other clients at the studio present with musculoskeletal conditions. Common concerns include knee problems such as osteoarthritis, meniscus injuries, and ligament tears like ACL and MCL injuries. Non-specific lower back pain, scoliosis, frozen shoulder, and post-operative recovery following surgeries such as hip replacements are also frequently addressed.

Pilates works by strengthening the deep stabilising muscles of the trunk and pelvis, which support spinal health and improve posture. It enhances joint mobility through controlled strengthening and flexibility work while correcting movement patterns that may contribute to pain or dysfunction. Because it is low-impact and adaptable, Pilates can safely support individuals across different ages and stages of recovery.

A proper clinical Pilates programme also requires specialised equipment. Nufloe is proud to be Sri Lanka's first fully equipped Balanced Body® Pilates studio, enabling comprehensive rehabilitation programmes. The Reformer provides adjustable resistance for safe strength training, while the Cadillac (Trapeze Table) supports assisted mobility and controlled strengthening. The Chair helps develop lower limb stability and balance, and the Spinefitter supports spinal alignment and mobility. Together, this equipment creates a safe environment where movement can begin early in recovery and gradually progress as strength and confidence improve.

Every rehabilitation journey at Nufloe begins with a comprehensive movement assessment, conducted alongside an

Slmc-registered physiotherapist trained in Rehab Pilates by world-renowned, internationally accredited education bodies. This allows the team to identify root causes rather than simply manage symptoms, delivering coordinated, evidence-based care.

Rehabilitation, however, is not only about recovery. It is also about prevention and longevity. Pilates helps maintain muscle strength, joint stability, balance, and neuromuscular coordination, key factors that support healthy ageing. As awareness grows around preventive healthcare and movement science, Pilates is increasingly recognised as a powerful bridge between medicine and wellness.

At Nufloe, its philosophy remains simple: movement is medicine. When guided with precision and care, it can transform not only recovery but the way we age.