



Move Without Pain

The Honest Guide to Back Pain for
Women Over 50

A guide from Emma Lovelock, Studio Director, The Pilates Corner

If this is you, you are not alone

The back pain that just... never quite goes away

You wake up and the first thing you notice is that familiar stiffness. You lie there for a moment, working out how to get up in a way that does not make it worse. You have probably been doing this for months - maybe years. During the day it is there in the background. Sitting at your desk. Getting up from the sofa. Lifting shopping. Bending down. Things you never used to think twice about now require a small moment of calculation. You have probably been to your GP. You have probably been told to try some gentle exercise, maybe been given a leaflet, possibly been referred for a few sessions of physio that helped a bit but did not quite fix it.



Perhaps you have started avoiding things you used to enjoy. A long walk. Gardening. Playing with grandchildren on the floor. Not because you have given up - but because you have learned, through experience, what sets it off.

This is not just getting older. And it is not something you simply have to put up with.

Back pain in women over 50 is extraordinarily common - but common does not mean inevitable or permanent. Understanding why it happens is the first step to doing something about it. And what has helped the women in our studio might surprise you.

Why this is so common in women your age

And why it is not your fault

There are three things happening in the background that most people are never told about. Understanding them does not fix the pain on its own - but it does explain why things that worked in your 30s and 40s are no longer enough.

Your core has quietly weakened

The deep muscles that support your spine - not the visible ones, but the ones that work underneath - weaken gradually over time, especially if you have had periods of reduced activity, surgery, or pregnancy. Most of us do not notice this happening until something starts to hurt. When those muscles are not doing their job, the spine has to compensate, and that is when pain appears.

Hormonal changes affect more than you might think

During and after the menopause, falling oestrogen levels directly affect joints, connective tissue, and muscle mass. This is why many women find that pain, stiffness, and reduced flexibility appear or worsen in their 50s - not because of anything they have done wrong, but because of what is happening hormonally. It is a physical reality that is still not talked about nearly enough.

Years of compensation add up

Old injuries, years of sitting, carrying children or grandchildren, repetitive movements at work - over time the body develops habits and compensations. These protect you in the short term but create imbalances that eventually cause pain. By your 50s, you may be carrying the cumulative effect of decades of small adaptations.



Individual attention in every class - our instructors will know your body and your history.

None of this means you are broken. It means your body has been doing its best with what it had - and now it needs a different kind of support.

What Pilates actually does

And why it is different from what you might expect

Most people think of Pilates as gentle stretching. Something for people who are already flexible. Nice but not really a proper workout.

That is not what we do. And it is not what gets our members results.

What Pilates actually works on:

The deep core muscles that support your spine. Not sit-ups. Not planks. The specific muscles that wrap around the spine and pelvis and do the job of holding everything in the right place. Rebuilding these is the single most effective thing most people with back pain can do.

Posture and alignment. Years of sitting, carrying, and compensating create postural habits that put strain on the wrong places. Pilates teaches you to find neutral alignment and hold it - which takes the pressure off the areas that have been overworking.

Mobility, gradually and safely. The exercises are designed to increase range of movement without stressing joints or aggravating existing problems. Everything can be modified - and in our small group classes, it always is.

Body awareness. Over time, members learn to recognise how they are moving - which means they start to protect themselves in everyday life without even thinking about it.

"I used to suffer from lower back issues but that's a rare occurrence now. I've been a member for over three years and I've never felt stronger."

- **Liz Holmes, member for 3+ years**

Real women, real results

In their own words



Some of our wonderful members - all ages, all abilities, all welcome.

These are not unusual stories for us. They are what happens, again and again, when the right person finds the right environment and sticks with it.

"I've been a member since June 2025. I wish I'd joined sooner. The pain in my knee has gone and I no longer need a knee support to walk the dog. I'm absolutely delighted."

- Christine Bouma

"Classes have made such a difference to my back injury. I now truly understand how to stretch and look after my core. Very friendly, caring staff who genuinely want to help you."

- Amanda Hopwood

"My lower back problems have vastly improved since joining The Pilates Corner. I love that there are always different levels available for each exercise so you can work to your own ability whilst still pushing yourself."

- Sarah Fletcher

"I joined The Pilates Corner in January 2018 as I suffer from chronic pain and I haven't looked back. The instructors are wonderful and adapt all exercises for me when I'm having a day where I can only do the lowest levels. My core physical strength has improved immensely, and so has my mental health as making friends and having fun while working out is all part of attending The Pilates Corner."

- Nikki, Potton

Is this right for you?

How to find out - with no pressure and no commitment

If you have been reading this and thinking "that sounds like me" - it probably is. The Pilates Corner is a small, independent studio in Baldock, Hertfordshire. We have 187 members, most of them women aged 40-65, many of whom came through the door with exactly the back pain, stiffness, or post-surgical recovery you are dealing with now. Some of them have been coming for 13 years. We are not a gym. Classes are small on purpose - never more than 12 - so that every single person gets proper attention. Our instructors will know your name, your history, and your limitations from the beginning.



The best way to start is with our Induction

Before joining a regular class, every new member does a 90-minute induction - a small group session with a maximum of six people. It is your chance to tell us what is going on with your body, ask any questions, and experience the studio before committing to anything.

You have three options to get started:

Induction only - £25. Come along, meet the team, and see how it feels. No further commitment required.

Intro offer - £79. Includes your induction plus four classes - the best way to feel a genuine difference before deciding on membership.

Induction first, then upgrade - £64. Book the induction on its own, and if you love it, upgrade to the full intro offer afterwards for just £64 more.

Induction only £25	Intro offer Induction + 4 classes - £79	Induction + upgrade £25 then £64
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Book: [site.thepilatescorner.co.uk/intro](https://www.thepilatescorner.co.uk/intro)

Call: 07897 035 945 | **Email:** info@thepilatescorner.co.uk

If you would like to chat before booking - about whether the classes are right for your specific situation - just reply to the email that brought you here or give us a call. I am happy to have an honest conversation.

Emma Lovelock, Studio Director, The Pilates Corner