

PILATES



Pilates is a unique method of exercise developed in the 1920's by German-born Joseph Pilates. It was originally used as a body conditioning program for injury prevention and rehabilitation in dancers and athletes.

More recently, Pilates has been combined with new muscle retraining techniques to aid in the management of injury in the general population.

BENEFITS OF PILATES

- Injury prevention and rehabilitation
- Core (deep abdominal and back) muscle strengthening
- Posture and body awareness
- Enhanced flexibility and motion
- Improved balance and co-ordination
- Individually tailored programs
- Sport and work specific programs

WHO CAN BENEFIT?

Pilates is suitable for a wide range of people and conditions. Whether you are young or old, recovering from injury, a first time exerciser, or an elite athlete - Pilates will benefit you. Each program is designed to suit the individual's needs and capabilities. It can be commenced at any stage during the rehabilitation process - you don't need to wait for the problem to settle down to start Pilates.

Pilates can benefit: acute and chronic neck and back conditions, poor posture, osteoarthritis, osteoporosis, post spinal and abdominal surgery, ante and post-natally, knee and shoulder rehabilitation, prevention of recurrent injuries and general body conditioning.



**HANDS ON THERAPY • MOBILISATION/MANIPULATION
MASSAGE • PILATES EXERCISE STUDIO • HYDROTHERAPY
FUNCTIONAL CAPACITY ASSESSMENTS
WORK AND SPORTS INJURIES REHABILITATION**

Aberfoyle Park

Suite 4,
The Hub Professional Centre
Christie Way, Aberfoyle Pk
SA 5159
p: 8358 6500

Adelaide CBD

Level 3, 55 Gawler Place
Adelaide SA 5000
p: 8211 8855

Beverley

Suite 2, 131-133 Grange Rd
Beverley SA 5009
p: 8346 3444

Burnside

Suite 10, 539 Greenhill Rd
Hazelwood Park SA 5066
p: 8331 8673

Christies Beach

50 Beach Road
Christies Beach SA 5165
p: 8186 2277

Hampstead Gardens

237 Hampstead Road
Northfield SA 5085
p: 7009 4422

Holden Hill

586 North East Rd
Holden Hill SA 5088
p: 8266 7333

Marion

153 Sturt Rd
Dover Gardens
SA 5048
p: 8377 1000

Melrose Park

166 Daws Road
Melrose Park SA 5039
p: 8277 6258

Morphett Vale

188 Main South Road
Morphett Vale
SA 5162
p: 8382 1180

Plympton

Suite 3, 267 Marion Rd
Marleston
SA 5033
p: 8297 7922



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PILATES





HOW DOES PILATES WORK?

Pilates uses specific equipment, with spring resistance and pulleys that allow the body's correct posture and movement patterns to be retrained. These movements can be customised to the individual, with emphasis on control of the injured or weak areas.

Pilates provides an excellent foundation for safe and efficient movement, minimising stress on injured structures, promoting healing in the short term and protection longer term.

WHAT THE RESEARCH SAYS

Lower back pain affects 80% of the population at some point in their life. Although an episode of lower back pain may settle in 4 to 6 weeks, the deep abdominal muscles remain impaired. These muscles attach to the spine, providing protection to your back during normal daily activities, such as bending and lifting.

Specific exercises that retrain these muscles after injury have been proven to significantly reduce the likelihood of pain returning. In fact, you are 12 times more likely to suffer recurrence of back pain within three years if these muscles are not retrained.

“an excellent foundation for safe and efficient movement..”

**Relieve Pain & Injury
Get Fit & Toned
Daytime, Evenings & Saturdays**

PILATES

OUR PILATES PROGRAM

Musculo-skeletal Assessment

Before starting a pilates program your goals are discussed, a history of previous and current injuries is taken, and an assessment of posture, joint mobility, flexibility and muscle control is completed. This information assists in identifying all your problem areas and allowing a program to be tailored specifically to your physical needs.

Real Time Ultrasound Imaging

It is advisable to have the function of your deep abdominal muscles assessed using Real Time Ultrasound Imaging (RTUI) prior to commencing a Pilates program. RTUI can detect impairment in the core muscles and be further used to retrain them. This sets a strong foundation for focusing on core stability in a Pilates program.

Individual Exercise Sessions

Your first 4-6 sessions after assessment involve individual tuition by your Physiotherapist, who establishes a specific program based on your condition. These sessions focus on teaching principles of breathing, posture, spinal alignment and use of deep abdominal muscles.

Group Classes

Exercise classes are conducted for groups of 3-6 clients under supervision of a Pilates-trained Physiotherapist. The Instructor ensures correct technique and regular progression to challenge clients limits.

Semi-Private Sessions

Small group sessions with two clients are available on request and at times negotiated with Instructors. These sessions will provide more one on one support than a group and enhanced exercise progression and challenge.



“Lower back pain affects 80% of the population..”

core
PHYSIOTHERAPY
& PILATES STUDIO

Taught by Physiotherapist trained in advanced Pilates.

Contact us at CORE PHYSIOTHERAPY & PILATES STUDIO
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