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July 2009

What is Clinical Pilates?



Clinical Pilates is a modified form of therapeutic exercise used by physiotherapists to assist in the rehabilitation and prevention of musculoskeletal injury. Specialised pilates equipment such as the reformer and trapeze table may be used in addition to Swiss ball and mat exercises. Spring loaded equipment is a major component of Clinical Pilates. A major focus is placed on developing “core stability” muscles such as the deep abdominals and pelvic floor muscles. This is accompanied by an emphasis on postural education and facilitating optimal biomechanics.

How does Clinical Pilates differ from Standard Pilates?

Clinical Pilates is different to standard Pilates in that the client is individually assessed by a physiotherapist and then given exercises that specifically target their problem areas. The physiotherapist closely supervises the client's technique, and grades the exercises so that injuries are prevented.

Benefits of Clinical Pilates

Some general benefits of Clinical Pilates include:

- the correction of poor mechanics that underlie injuries
- improved posture and flexibility
- firmer and flatter stomach muscles
- improved core stabilisation
- better control over breathing
- less likelihood of injury
- overall body toning
- safe injury management
- identifying the cause of an injury
- one on one treatment with a physiotherapist

Who Can Use Clinical Pilates?

Clinical Pilates is suitable for people that have musculoskeletal pain or injury. It is particularly good if the symptoms are recurrent or chronic, or if there are motor control problems. It can also help with post-surgical strengthening, such as in the lower back, sacroiliac joint, hip, shoulder, and neck. In pre-natal and post-natal women, Clinical Pilates is used to increase pelvic floor strength and control, for prevention and relief of lower back and pelvic pain, and for body reshaping and toning. People that have postural problems find that Clinical Pilates is helpful as it allows them to develop awareness of their body, as well as increasing their strength and flexibility. Clinical Pilates is also great for people that

want to increase their muscle strength, flexibility and tone.

Clinical Pilates at PHYSIO4ALL

Unlike many other Pilates classes, at PHYSIO4ALL, clients perform Clinical Pilates under close supervision by [trained physiotherapists](#) with professional and clinical experience. Each client is individually assessed in order that our physiotherapists can specifically design your own Clinical Pilates program. This allows us to effectively manage your problem areas and allow your body to function much more efficiently. All exercises are backed up with scientific evidence and validation using lower back pain as a model. These are key factors that have been identified by researchers and addressed by the Clinical Pilates approach.

[Initial Consultation](#)

This includes a full musculoskeletal assessment and an introduction to the Clinical Pilates Concept of exercise. Our physiotherapist will then design a specific Clinical Pilates program suited to your individual needs.

[1-1 Clinical Pilates Sessions](#)

This involves private, 1-1 Clinical Pilates sessions with the physiotherapist, who will introduce you to your specific program. This will include a variety of mat and spring-loaded equipment based exercises. There is a full range of pilates equipment in our clinic, including a Reformer, Wundachair, and Trapeze table. At least 1 to 2 further 1-1 sessions will be required to ensure that the correct input is provided for effective learning.

[Clinical Pilates Classes](#)

These sessions will usually involve 2, 3 or 4 clients and will be a continuation of your specifically designed program implemented in a circuit training routine with spring loaded machines. The Clinical Pilates Classes run at a slightly higher intensity than the 1-1 sessions.

For more information, please see the attached links:

- [Clinical Pilates](#)
- [Back2Bizz Class](#)
- [Physiotherapy and Clinical Pilates Brochure](#)

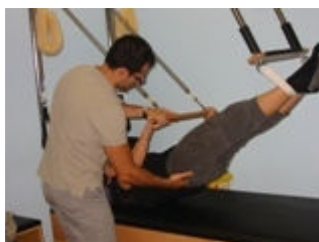
[A Sneak Peek at the PHYSIO4ALL Clinical Pilates Classes...](#)



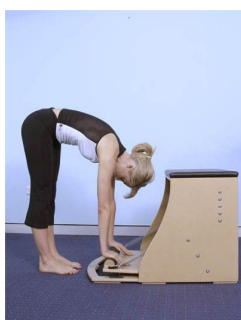
Our physiotherapist Corey is assisting his patient achieve optimal spinal alignment by exercising with the standing bar.



Our client demonstrates core control and pelvic stability by exercising on the reformer.



Corey is helping his client gain and the hip and core muscles while lifting up onto the trapezius.



An example of a client stretching and decompressing her spine using the Wunda chair.

FREE SPECIAL OFFER!!!

<h1>Family & Friends</h1>	
<h2>Gift Certificate</h2>	<p>Offer only valid at the PHYSIO4ALL clinic in North Sydney.</p>
<p>This voucher entitles the bearer to a FREE initial Clinical Pilates Assessment and Report from the team at PHYSIO4ALL..</p>	<p>Appointments: 02 9922 2212</p>
<p>Can be used for injury assessment, core stability check-up or back pain evaluation.</p>	<p><small>No obligation for future care Please mention this voucher when booking your appointment.</small></p>
<p>Expiry date: 7th August, 2009</p>	



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