

CLINICAL PILATES



Clinical Pilates is taught by a Registered Physiotherapist . It is a unique form of exercise developed by Australian Physiotherapists and utilises a clinical approach to the traditional form of Pilates.

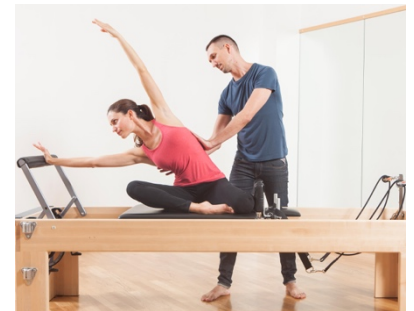
Clinical Pilates is based on the work of Joseph Pilates and performed with Pilates bands, chair and mat. The exercises are designed to build muscle control, core stability, balance, strength, and flexibility.

BENEFITS OF CLINICAL PILATES

Clinical Pilates utilizes breath, muscular control and fluidity to safely help individuals regain whole body alignment, improve posture, reduce joint pain, and increase freedom of movement.

The method is especially beneficial for:

- Pregnant or post-natal women (pre- and post-natal weakness, aches and pains)
- Runners and athletes
- Individuals with spinal stiffness or joint hypermobility
- Individuals with chronic back or neck pain
- Those who regularly sit for extended periods
- Individuals undergoing post-surgery or post injury rehabilitation
- People with poor posture, chronic tension, and fatigue
- Anyone who wants to practice a non-impact strengthening and stretching program



WHAT TO EXPECT



Clinical Pilates sessions are designed to accommodate your needs and fitness level. An initial assessment of your abilities, body mechanics and ailments will allow your Physiotherapist to create an individualized plan that helps you safely meet your goals.

Clinical Pilates is more than just “core strengthening”. It is a system that integrates whole body movements and patterns to maintain, strengthen or restore optimal alignment. Sessions focus on the

basic principles of breathing, spinal alignment, shoulder placement, neck placement, and deep abdominal connection.

Results include: improved posture and muscle tone, greater flexibility and balance, treatment or prevention of injuries and spinal pain, improved functional performance with sporting activities and improved energy levels.

A recent study (**Int J Sports Med, 2017**) found a 6-week course of Clinical Pilates significantly improved functional movement in recreational runners, which may lead to a reduction in the risk of running-related injuries.

A recent study (**Singapor Med J, 2015**) found Clinical Pilates can significantly reduce post-partum fatigue and weakness after delivery.