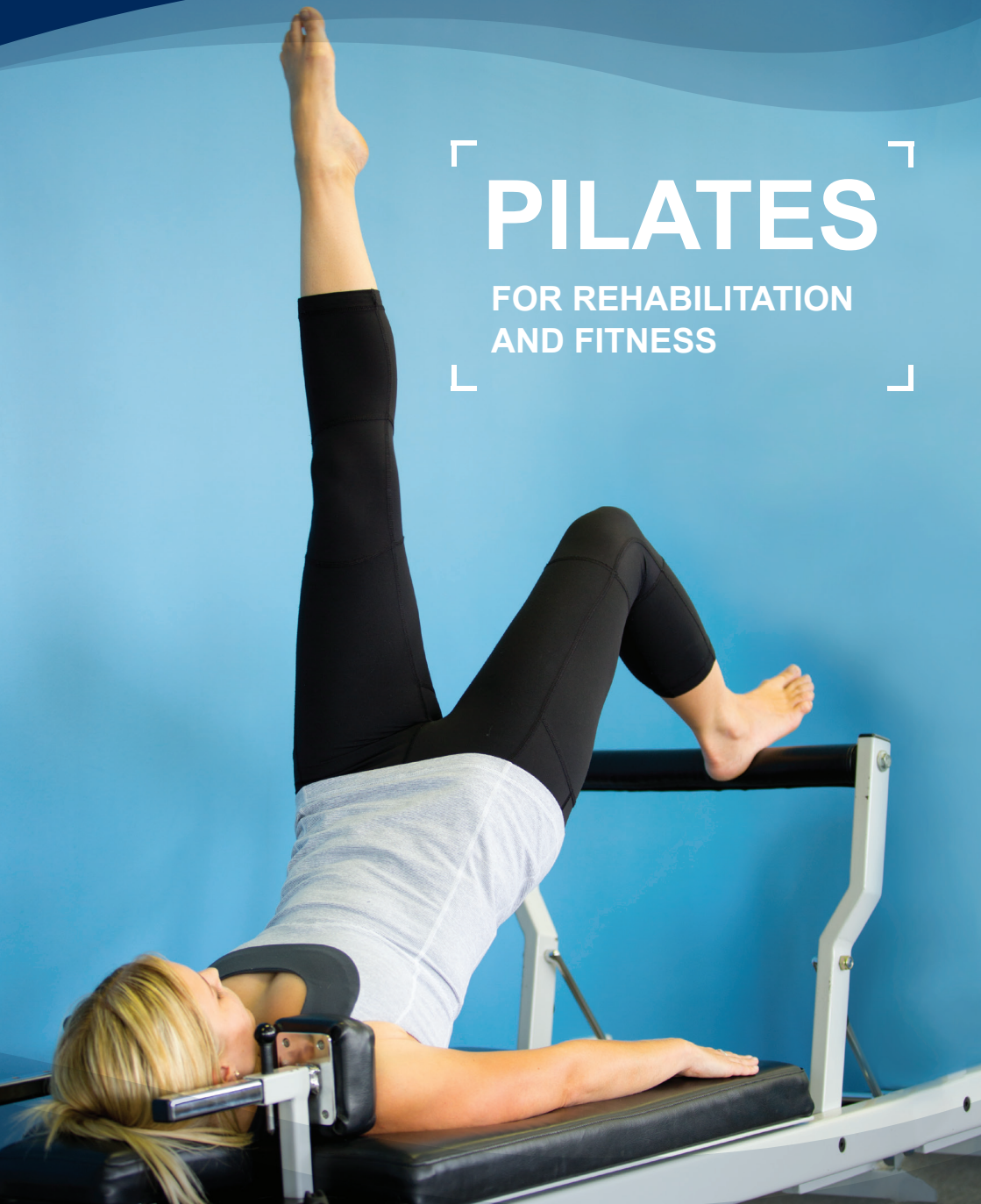


Victoria **Physiotherapy** Group

# PILATES

FOR REHABILITATION  
AND FITNESS







## WHAT IS PILATES?

The Pilates Method is a low impact form of body conditioning, originally developed in the early 20th Century by Joseph Pilates, that uses specially designed spring loaded apparatus. Pilates is a holistic approach to exercise that emphasizes the connection of mind, body and spirit to bring about balanced and efficient movement patterns.

Pilates helps to build strength, flexibility and coordination whilst ensuring optimal alignment. At Victoria Physiotherapy Group we integrate our Physiotherapy knowledge with the Pilates principles of movement to provide a unique service that complements the medical management of many common musculoskeletal disorders.





## WHAT ARE THE BENEFITS OF PILATES?

### Alleviate Back Pain

Research shows that approximately 80% of people will experience lower back pain in their lifetime. Just a single episode of lower back pain is all it takes to affect the functioning of the local stabilising or 'core' muscles (transverse abdominis, lumbar multifidus and pelvic floor). Pilates (in conjunction with Real Time Ultrasound Imaging) is a safe and effective way to improve the control of these muscles thus supporting and protecting the spine from further injury.

### Improve Body Awareness and Posture

Through practice and repetition of normal movement patterns, Pilates exercises help to strengthen the neural pathways in the central nervous system, creating a heightened understanding of one's body position in space. Achieving ideal postural alignment will minimise potentially harmful loading of the joints and soft tissues along with improving muscle balance and overall efficiency of movement.

### Improve Breathing Efficiency

Breathing correctly not only ensures optimal oxygenation of the body tissues but is also integral in facilitating activation of the core muscles and preventing a build up of tension in the neck and shoulder region.

### Improve Strength and Muscle Tone

Unlike traditional forms of exercise, Pilates enables strength and toning of muscles without building excessive bulk.

### Improve Flexibility

In Pilates, the focus placed on controlled lengthening helps to maintain and improve both muscle and joint flexibility.

### Improve Sporting Performance

Whether you enjoy sports for recreation or train at an elite level, Pilates can help you to perform to your potential as well as rehabilitate and prevent common injuries.

### Pilates and Pregnancy

Pilates forms a vital part of pre and post natal care and is one of the only forms of exercise that can be maintained for the duration of a pregnancy.

Pilates is not just limited to these benefits, ask your Physiotherapist how Pilates can help with your specific needs.

## SESSION FORMAT

### Studio/Semi Private Sessions

**(1 hour)** - Small group sessions of up to three participants using the Pilates equipment (including the Reformer, Trapeze Table, Wunda Chair and Spine Corrector). These sessions are tailored to your specific goals and are suitable for anyone from beginner through to the more experienced Pilates practitioner. An initial assessment is required before starting these classes so that we can get to know you and your body regardless of previous Pilates experience.

### Group Mat Class

**(1 hour)** - A choreographed class of up to eight participants utilizing the Pilates mat and small apparatus (including Theraband, small chi balls, magic circles, foam rollers and fitballs). An initial assessment is required before joining this class so that we can teach you the Pilates principles of movement and we do also recommend some previous Pilates experience, either Studio or Mat, to ensure your body is ready for this challenging group session.

## SESSION TIMES & PRICING

We offer a variety of session times including mornings, evenings and weekends. Visit our website [www.vicphysiogroup.com.au](http://www.vicphysiogroup.com.au) for an updated copy of our timetable.

Prices start from as little as \$25 for group mat classes and \$50 for studio semi private sessions.

Please visit our website [www.vicphysiogroup.com.au](http://www.vicphysiogroup.com.au) for a full list of our current prices. Private health fund rebates apply.

Please note that a 24 hour cancellation policy is applicable to all sessions.





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