

CLINICAL PILATES

Pilates is a tried and tested form of exercise that has been helping people for over a century. The original form has been modified over the years as more research has emerged. It is designed to enhance function and overall biomechanical efficiency.

An unstable 'core' contributes to an increased incidence of injuries. In particular, low back pain has been associated with poor control and lack of endurance of trunk musculature. Clinical pilates aims to train both the local and global stability systems and activates stability muscle patterns.

Clinical pilates has been shown to be beneficial for many conditions and is capable of delivering a number of benefits. These include:

- Reduced back and neck pain
- Improved flexibility
- Improved 'core' stability
- Improved hip and shoulder girdle stability
- Reduced risk of injury
- Improved breathing patterns
- Better pregnancies, deliveries and recovery from birth
- Improved sporting biomechanics i.e. running pattern, swimming stroke, golf swing
- Postural re-education

We have physio staff trained specifically in clinical pilates and remain up to date with the current research. Our pilates programs consist of matwork as well as exercises on the clinical reformer, trapeze table and barrel (specialised pilates equipment).

Your program is designed specifically for you following a comprehensive 1 hour assessment with one of our experienced physiotherapists. Once you have completed a minimum of 2-3 individual sessions with the physio you will be eligible to participate in our group sessions.

Incorporating:

ROCKHAMPTON
Rockhampton Physiotherapy
1 Kent St
PO Box 907
Rockhampton Q 4700
Phone: . 07 49 222 722
Fax: 07 49 212 539

YEPPOON
Keppel Coast Physiotherapy
31 Ben St
Yeppoon Q 4703
Phone: 07 49398577
Fax: 07 49302055

EMU PARK
Emu Park Physiotherapy
Emu Park Medical Centre
cnr Hill & William Street
Emu Park Q 4710
Phone: 07 49398 577

BLACKWATER
Blackwater Physiotherapy
PCYC Yeates Av
Blackwater Q 4717
Phone: 07 49827 722
Fax: 07 49825393

Initial Assessment

This 1 hour session includes an initial assessment, development of personal program and introduction to the equipment.

2nd and 3rd Sessions

These 30 minute sessions are designed to further familiarise you with the equipment and consolidate your program. They enable you to increase your competence and confidence with your program.

Group Training

A 1 hour or 30 minute session with a maximum of 4 clients under the guidance and supervision of an experienced physiotherapist.

Reassessment and Progression

We recommend a one-to-one session with your physiotherapist every 6-8 weeks to review and progress your program.

Prices

Pilates Session	Price
Initial assessment	\$130.00
2 nd and 3 rd one-on-one session	\$ 73.00
One hour group session	\$ 50.00
Half hour group session	\$ 25.00
10x one hour group session pass	\$425.00
10x half hour group session pass	\$212.50
Reassessment and progression	\$ 73.00

Note: A rebate may apply for all of these sessions if you are covered for extras by your private health fund.

What to Wear and Bring

When attending pilates sessions:

- Please wear comfortable clothing that allows freedom of movement
- Please bring a pair of socks and a drink bottle
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We look forward to seeing you in the Pilates Studio!

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