



# Clinical Pilates

## What is Clinical Pilates?

Clinical Pilates is a series of exercises using a reformer, trapeze table, fit ball and floor exercises to strengthen the stabilizing muscle groups of the body. An initial assessment is performed to determine your areas of muscle strengths and weakness and an individual program is devised to target these needs. This individual program is performed under supervision of a Sports Physiotherapist DMA Clinical Pilates Instructor in a class of up to three people. Classes run for approximately one hour.

- Benefits of Clinical Pilates include
- Increased strength, particularly of stabilizing muscle groups ( including core muscles)
- Increased muscle tone
- Increased proprioception (body awareness) and balance
- Increased flexibility
- Improved posture

## What is the difference between Clinical Pilates and general Pilates?

Traditional Pilates was developed for use by professional ballet dancers and involves using performing both floor and equipment based exercises to strengthen muscles of the trunk. These are traditionally very high level, difficult exercises and the floor exercises are often the basis of general Pilates classes run in gyms. Clinical Pilates incorporates the principles of physiotherapy and exercise rehabilitation with modified versions of traditional Pilates exercises. The use of the equipment enables the difficulty level to be modified as appropriate and other co-existing injuries / conditions can also be catered for. Clinical Pilates offers specific exercises for each patient, depending on their individual needs.



## How do I start attending classes?

If you are a current patient at Specialist Sportscare WA you can discuss attending with your treating Physiotherapist or Sports Doctor. You may then book in for an individual Pilates session. Following this you may then book in to attend classes.

If you are a new patient to Specialist Sportscare WA you will need to have an initial assessment where a full medical history is taken and physical assessment performed. Your assessment findings and aims of your clinical Pilates program will be discussed with you. This is then followed by an individual Pilates session before joining a class.

## What is the Cost?

The initial assessment is \$95 (\$80 for concession) for those patients who require one. The individual Pilates sessions are also \$95 (\$80 for concession). Classes are restricted to a maximum of 3 people to ensure adequate supervision is given and are \$70 (\$60 concession) for a one hour session. Private one-on-one classes are also available (1 hour) on request at \$95 per session. Private health insurance rebates apply, check with your fund.

In order to restrict classes to 3 people it is necessary to book in as for appointment. It is possible to book up to 2 weeks in advance for your session and a waiting list is taken if classes are full. In the event of a cancellation, 24 hours notice must be given.

## What do I bring to a class?

You will need to bring a towel, a clean pair of socks, comfortable clothes to exercise in and a water bottle.