

WHAT TO EXPECT

Your physiotherapist will assess your fitness level, then design and initially closely supervise an exercise program tailored to your specific needs. This exercise program will include movements to tone and lengthen your muscles within the limits of your comfort.

We suggest that you wear comfortable non-restrictive clothing. Socks are worn when using the equipment.

Once you are performing the exercises safely and correctly, you will be encouraged to use the equipment more independently.



THE EQUIPMENT

The exercises are performed on the *Reformer* and the *Trapeze Bed*. Both pieces of equipment use various types of springs to provide resistance to movement. The amount of resistance and type of exercise is closely matched to the person's fitness levels.

The *Pilates* approach emphasises smooth movement of both legs and arms around a supported and stable spinal base.

Finally, because you are exercising within a physiotherapy clinic, any questions that you may have can be addressed quickly and accurately. Importantly, *Clinical Pilates* exercises performed under the guidance of Mead Street Physios are rebateable with your health fund.

Mead Street Physiotherapy Clinic

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PILATES

A GREAT WORK-OUT FOR
YOUR SPINE & BODY



WHAT IS IT?

Pilates is a fresh and innovative exercise routine for the whole body with a particular emphasis on gentle, coordinated muscle action, particularly around the spine. It is suitable for people of all ages.



WHO IS IT SUITABLE FOR?

Clinical Pilates is a safe and highly efficient work-out for people of all ages, including pregnant women and the elderly.

Pilates has been used successfully in the rehabilitation of conditions such as:

- Back & neck pain
- Headaches
- Arthritis
- Post-operative strengthening
- Postural problems
- Work injuries
- Whiplash
- Pelvic & hip pain

The exercises can be progressed through stages of increasing difficulty to provide a challenging routine for athletes, dancers and gymnasts.

PILATES FOR SPINAL FITNESS

The general fitness benefits of *Pilates* include:

- Faster recovery from injury
- Improved posture & flexibility
- Increased muscle strength & length
- Firmer & flatter stomach muscles
- Greater resistance to injury
- Overall body toning

With the *Clinical Pilates* method, deeper muscle groups can be toned on the specialised equipment, which builds coordinated strength in muscular units. This is in contrast to traditional weights programs which focus on isolated muscles.



SPINAL PAIN & CLINICAL PILATES

Many people suffer recurrent bouts of back and spine pain. Scientific research has demonstrated that spinal muscles weakened by injury do not fully recover unless strengthened with specific exercise.

Mead Street Physios are *APA Accredited Pilates Instructors* who are expertly trained to understand your injury and provide you with a safe and highly effective spinal exercise program.

Cutting edge research has highlighted the importance of an exercise approach that specifically targets the deep stabilising spinal muscles; the core abdominal muscle group. These muscles are not targeted during sit-ups, push-ups or other common exercises. *Clinical Pilates* exercises however do focus on this group of muscles.

