

# pilates helps

Chronic Back Pain

Sports Injury Prevention

Sports Rehabilitation

Body Conditioning

Body Toning

Osteoporosis

Women's Health

Pre & Post Natal



## why us?

Active Life Physiotherapy includes a dedicated, state-of-the-art Clinical Pilates studio to provide the best care and management for people pain recovering from pain and injury or with fitness goals. Supervised by qualified Physiotherapists, this facility provides the required environment and equipment to ensure individualised Pilates exercises can be successfully tailored to your needs.

# what is clinical pilates?

Clinical Pilates differs from general Pilates in that it is fully supervised by qualified Physiotherapists who have undertaken further postgraduate training in Pilates. The therapist provides a detailed assessment to understand a patient's individual needs, which is followed by a personalised management plan to ensure Pilates exercises are completed correctly and supervised at all times.

## benefits of clinical pilates

Active Life Physio Clinical Pilates has an emphasis on fitness and well-being for people of all ages. Experience an exercise program that engages and challenges you, leaving you with a feeling of physical and mental well-being.

- Develop muscle strength and core stability
  - Improve sports performance
  - Prevent injury
- Rehabilitation from pain and injury
- Improve co-ordination, balance and posture
  - Supervised by physiotherapists

## training options

We provide individual and small group equipment classes. We initially recommend one-on-one sessions to ensure you learn the correct techniques. Once you are able to master your program then progression to small group classes will still provide close monitoring of your technique. The small groups ensure your individual needs are met and new and challenging programs are developed.

