

WHAT IS PILATES?

Pilates is a form of exercise that has been designed to improve physical strength, fitness, flexibility, coordination and posture. Specialised equipment is used in Pilates, which was initially a form of fitness and rehabilitation for dancers, but is now a popular form of exercise used widely in the community.

Pilates exercises require you to engage virtually your entire body, boasting so many exercise progressions that you will have a hard time getting bored with Pilates. It has a lower risk of injury than various other exercise types, making it perfect for recovery from injury /surgery, for antenatal and postnatal fitness, osteoporosis prevention and chronic pain conditions.

WHY PILATES?

Doing Pilates regularly is one of the best ways to change your body shape; it tones your body and makes your muscles longer and leaner over time. Pilates is a great choice because you can achieve a full-body sculpting workout in just one class.

It's true that any form of exercise will benefit you both physically AND mentally – but Pilates was initially developed with the belief that physical and mental health are inter-related, resulting in a form of exercise that focuses not only on exercise technique, but also concentration, breathing, control and flowing movements. Allowing you to get both a physical and mental work out in each exercise session.



Clinical Pilates

Muscle Strength

Hydrotherapy

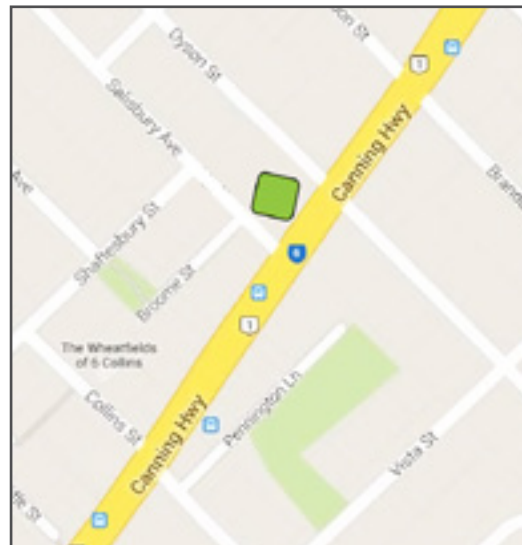
Headaches & Neck Pain

Lower Back Pain

Post Surgical Rehabilitation

General Fitness & Wellbeing

Falls Prevention



PILATES FACT SHEET



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WHAT FORM OF PILATES IS BEST FOR ME?

PILATES MATWORK CLASSES for healthy individuals with no serious or chronic injuries. Pilates matwork utilizes the core exercise components of pilates by using your body weight, gravity, a mat and often small pieces of pilates equipment (such as hand weights, magic circles, therabands and stability balls).

At Como Physiotherapy we limit our matwork classes to 6-8 participants per class. This allows us to instruct with greater care and deliver individual variations and feedback to class participants. All classes are taught by pilates qualified physiotherapists, making our classes eligible for private health care rebates. Matwork classes run for a length of 45 Minutes.

PILATES EQUIPMENT/STUDIO CLASSES are more appropriate for people with specific problems that need to be corrected or addressed, such as chronic pain, complex musculoskeletal problems, postural issues, specific rehab goals (e.g. dancers, athletes), osteoporosis and pelvic floor/incontinence issues.

Our classes use Pilates studio equipment (reformers, wunda chairs, barrels) to tailor your Pilates program to your individual rehabilitation and fitness needs. By using Pilates equipment we can achieve an incredible amount of exercise variations and progressions in your program and easily vary resistance and support levels.

Our classes are done on a one-to-one basis (30 minute consultation) or in semi-private small classes (one instructor to three clients) or in studio sessions of 5-6 participants, both which run for 45 minutes duration. Each client's program will be individualised, even when participating in a studio session.

BENEFITS OF PILATES

A regular Pilates workout can, after a few months, produce the following body changes:

- **LONGER AND LEANER MUSCLES** - Pilates accentuates the length of the limbs and can transform bulky muscles into longer/leaner ones.
- **BETTER POSTURE** - after only a few sessions.
- **A FLATTER AND FIRMER STOMACH** - by focusing on toning the superficial and deep abdominals.
- **LESS BACK PAIN** - by addressing the muscular imbalances that most typically contribute to back pain and through strengthening the abdominals and gluteals. It can improve the faulty posture that leads to back pain and lengthens and stretches tight overworked back muscles.
- **IMPROVED FLEXIBILITY** - Pilates exercises are designed to stretch both the muscles and joints, whilst strengthening them.
- **IMPROVED BALANCE AND COORDINATION** - by strengthening your core, posture and by improving your ability to correct poor posture.
- **GREATER STRENGTH** - Pilates can improve functional strength (the muscles that we use on a daily basis) and sports-specific strength and can help with improving the overall strength of your spine.

(www.dummies.com/how-to/content/benefits-of-pilates-exercises.html. Accessed 28/4/14)



ADDITIONAL SERVICES

REAL TIME ULTRASOUND ASSESSMENT (RTUS)

Can facilitate training of specific muscles by allowing both the client and therapist to visualise these muscles on a screen for correct activation. When used in conjunction with a Pilates program it can yield improvements in pelvic floor muscle strength, incontinence and chronic lower back pain and other lower limb conditions. In fact, RTUS assessment can demonstrate weaknesses in core and abdominal muscle control, which is essential for elite sports people and dancers. Contact us for further information.

ANTENATAL AND POSTNATAL PILATES

Pilates is an excellent form of guided exercise both during pregnancy and following birth, It can be tailored to the stage of your pregnancy and is low impact, utilizing Pilates equipment and varied positions, so that it is safe for you to exercise. Postnatally, Pilates can be used for recovery in the early stages following birth, aiming to prevent injuries and recondition those muscles weakened/stretched during pregnancy. Exercises are modified specifically for your condition – whether it is following pregnancy related pain, a c-section or for the rehabilitation of an abdominal muscle separation (diastasis).

SPORTS-SPECIFIC AND FUNCTIONAL TRAINING

Pilates can provide athletes with a challenging workout without impact or excessive weight bearing, making it perfect for recovering from an injury and for specific strengthening exercises to improve a particular skill /sport. Pilates can be used for all stages of functional training and can progress from early light training and non-weight bearing to open chain and explosive plyometric movements (like those required in sports), all while reducing the risk of injury and improving overall performance.