

PHYSIO4ALL

revitalise – bounce – be healthy

Clinical Pilates & Pilates Rewards Program[®]

Clinical Pilates at PHYSIO4ALL

Unlike many other Pilates classes, at PHYSIO4ALL, clients perform Clinical Pilates under close supervision by trained physiotherapists with professional and clinical experience. Our physiotherapists will specifically design your own Clinical Pilates program aimed at effectively managing your problem areas and allow your body to function much more efficiently. At PHYSIO4ALL, our Clinical Pilates sessions and classes will be geared to promote:

- greater trunk stabilization
- improved muscle strength
- better posture and body awareness
- improved flexibility
- relief from neck, back and joint pain
- increased joint mobility
- lower stress levels
- firmer and flatter stomach muscles
- increased balance and performance in sport
- injury prevention
- safe injury management
- research based approach

Core stabilization training and muscle efficiency are key factors that determine successful rehabilitation. These are key factors that have been identified by researchers and addressed by the Clinical Pilates approach

Initial Consultation:

This includes a full musculoskeletal assessment and an introduction to the Clinical Pilates Concept of exercise. Our physiotherapist will then design a specific Clinical Pilates program suited to your individual needs.

1-1 Clinical Pilates Sessions:

This involves private, 1-1 Clinical Pilates sessions with the physiotherapist, who will introduce you to your specific program. This will include a variety of mat and spring-loaded equipment based exercises.

There is a full range of pilates equipment in our clinic, including a Reformer, Wundachair, and Traps machine. At least 2 to 3 further 1-1 sessions will be required to ensure that the correct input is provided for effective learning.

Clinical Pilates Classes

These sessions will usually involve 2- 4 clients and will be a continuation of your specifically designed program implemented in a circuit training routine with spring loaded machines. The Clinical Pilates Classes run at a slightly higher intensity than the 1-1 sessions.

PHYSIO4ALL will endeavor to fill all classes. If we are unable to fill the class, you will be billed for a 1-1 Pilates Session.

Cost

Initial Consultation (1/2 hr)	\$100.00
1 - 1 Pilates Consultation (1/2 hr)	\$90.00
Pilates Classes (1/2 hr) - 2 people	\$48.00
- 3 people	\$40.00
- 4 people	\$35.00
- 5 people	\$30.00

We do offer 1 hour classes – Speak to staff

OR Prepay and pay only \$300 for 10 sessions! To be completed within 3 months, and not applicable with Pilates Rewards Club[®]
All prepaid classes are non refundable.

Health Fund Rebates apply for all consultations and classes. **HICAPS** is available on-site and rebate depends on the health fund.

Pilates Rewards Club[®]

Join our Pilates Rewards Club[®], and receive every tenth Pilates Class FREE!

Further Information

If you require any further information do not hesitate to contact any of the Physio4All staff.

Practice Hours:

Mon – Fri 7.30am – 5.30pm

**Prices subject to change without prior notice*

Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060
T – (02) 99222212 F – (02) 99225577 W: www.physio4all.com.au