

THERAPEUTIC PILATES

at Physio Logic

Pilates is a form of exercise designed to elicit and strengthen the deeper muscles of the body that literally 'hold us in place'. It was Joseph Pilates (through working with ballet dancers in the 1960s) who realised, when these deep muscles lose their ability to work strongly and efficiently, imbalances occur within the musculoskeletal system. This muscle imbalance in turn causes the body to create poor patterns of movement and posture. He found that specific stabilising exercises enabled the muscles to strengthen uniformly, correcting poor posture, and restoring physical vitality.



Physiotherapists are naturally placed to identify poor movement patterns and muscle imbalances through their line of work. They have integrated and developed traditional Pilates exercises to build on the retraining of these deep muscles or 'dynamic core stabilisers'. Given their expert knowledge of the musculoskeletal system, and their experience of rehabilitation through exercise, they can teach the body's muscular system to relearn and be reconditioned from its central core. This creates a perfect tool in the prevention and treatment of a range of postural, musculoskeletal and neurological conditions.

Where Traditional Pilates is used as a form of fitness, Therapeutic Pilates can be an individually tailored treatment method used by physiotherapists to target the clinical problem of a patient and make it individual to their needs. Therapeutic Pilates targets the strength or 'core stability' of the deeper muscles which support the spine, making it an ideal rehabilitation tool for preventing further injury, and for general health and well being.

Who can do Pilates?

Absolutely anyone! The wonderful thing about Pilates is that it can be tailored to the individual. Whether you are recovering from an injury or you would just like to improve your posture and general health or you are an athlete wishing to improve your performance in your chosen sport, Pilates is suitable for everyone. With regular practice Pilates changes the body to improve its underlying core strength, posture and enhance its flexibility and suppleness.



For further information or to book on a course

Please ring

01943 850723

How can Pilates help me?

Loss of flexibility and strength in certain muscle groups combined with poor underlying postural mechanics leads to potential injury problems or conditions developing later in life, both in the short or long term. Addressing these weaknesses early can enable effective exercise strategies to be introduced to prevent injuries or degenerative conditions developing in the future.



Pilates trains muscle groups to correct underlying poor postural mechanics both at rest and during movement. This helps your body move more efficiently and develops your natural underlying core support strength. It has been found to increase wellbeing through improved posture, balance and control. It can also help reduce stress and anxiety through learning efficient breathing and relaxation techniques.



What does Therapeutic Pilates involve?

At Physio Logic you can be assured that the exercises will be under the expert guidance of an experienced Chartered Physiotherapist formally trained to teach Pilates.

The exercises will be performed safely, effectively and modified to an appropriate level for you. Each block is comprised of six one-hour classes running concurrently on a weekly basis.

A course of Therapeutic Pilates is also a great way to benefit your rehabilitation if you have been attending the clinic for treatment. Using these low impact exercises to strengthen your core muscles will enhance your recovery, reduce the risk of further injuries, and provide a long-term approach to the management of your condition.

Prior to attending, each participant is required to complete a Physio Logic Health Record Card. On receipt of payment and a completed Health Card Physio Logic Ltd will then confirm your booking and the corresponding course you will be attending.



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