

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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