



Pilates as it is practiced today is a complete and thorough program of mental and physical conditioning. Clinical Pilates is an adaptation of the original Pilates method developed by Joseph Pilates. Many of the small therapeutic movements in Pilates can be modified for people recovering from injuries or intensified to enhance the skill base of elite athletes and dancers. Clinical Pilates has a role in preventing the recurrence of injuries such as chronic low back pain, postural related neck pain, headaches and recurrent ankle sprains.

Attracting people of all ages and levels of fitness, the Pilates method of exercise has become extremely popular worldwide. Its benefits include correcting muscular imbalances, realigning the body, and building core strength. Pilates works the deeper muscles to achieve more efficient movement, improve alignment and breathing, and increase body awareness. Your program will deliver simultaneous stretching and strengthening of the body in a non-impact balanced system of body/mind exercise.

Abdominal and low-back strength is essential for everyday life, sports, and recreational activities. Learning to stabilise the core properly in all daily activities will help to prevent injury and make for a stronger overall body. Through regular practice of clinical Pilates one can experience a whole range of benefits including:

- improved muscular flexibility
- improved strength
- increased range of movement
- improved balance
- enhanced muscular control (especially back and limbs)
- relief from low back pain and other joint and muscular related stresses
- relaxation of the shoulders, neck and upper back.

Pilates will help you to improve your posture and the spine will become more stable thus preventing musculoskeletal injuries and accelerate recovery if you do have an injury. The two basic forms of Pilates include mat based and equipment based exercises:

Mat-based Pilates - this is a series of exercises performed on the floor using gravity and your own body weight to provide the resistance. The central aim is to condition the deeper, supporting muscles of the body to improve posture, balance and coordination.

Equipment-based Pilates - includes specific equipment including the 'reformer', which looks like a moveable carriage that you push and pull along the floor. Pilates may also include springs and weights and be delivered using a trapeze table, wunda chair, foam rollers, wobble boards and more! All of this equipment is available in our studio at head to toe healthcare.



head to toe healthcare

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practitioners



Andrew Hoare

B. Physio
Clinical Pilates Practitioner

Andrew has been practicing physiotherapy in private and sports settings since graduating from the University of Melbourne in 1995. He has worked as a team physiotherapist for the Victorian women's hockey team and has contributed to the Melbourne Tigers' strength training program by conducting team Clinical Pilates classes.

Andrew's focus over the years has become more and more directed towards high quality exercise prescription with the aim of helping his clients recover from injuries, improve their posture and increase their sporting performance. He uses pilates equipment such as the reformer and trapeze table, along with small weights and balance equipment to provide a challenging but safe exercise program specific to the goals and abilities of the individual.



Michael Patterson

B. Physio
Clinical Pilates Practitioner

Michael is an APA registered Physiotherapist with a background and keen interest in special population training and rehabilitation. He has learned to appreciate the important role Pilates plays in conditioning the human body for posture, fitness and injury prevention. Michael has completed extensive training in Dynamic Pilates (high intensity Pilates) and has more recently undertaken advanced training to further his knowledge and expertise.

Michael has enjoyed managing a vast variety of injuries, from chronic back pain to addressing the acute injuries of professional fighters who have competed in both Australia and internationally. Out of work hours Michael enjoys playing basketball, keeping fit with his mates and spending as much time on the beach as possible.



practitioner availability

monday	4pm – 8pm	equipment classes available at 6pm and 7pm
tuesday	4pm – 8pm	equipment class available at 6pm
wednesday	8am – 8pm	equipment classes available at 9:30am, 10.30am, 4pm and 7pm.
thursday	4pm – 8pm	equipment classes available at 7pm
saturday	8am – 1pm	equipment classes available at 10am mat classes available at 9am

one on one appointments are also available on these days

class charges (please note that all classes are eligible for health insurance rebates under physiotherapy)

standard	introductory 60 min	\$85
	introductory 30 min	\$55
	1 on 4 (one hour) group equip 10 classes	\$43
	prepaid 60 min	\$390
	1 on 8 (1 hour) group mat 10 classes	\$25
	prepaid 60 min	\$200

concession rates apply for health card holders pensioners and fulltime students