



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 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.

Abdominal and low-back strength is essential for a healthy back, 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:

- relief from low back pain and other joint and muscular related stresses
- improved strength
- better posture
- improved muscular flexibility and range of movement
- good body awareness
- improved muscular tone
- improved balance

At **head to toe healthcare** we offer both mat and equipment based pilates run by physiotherapists:

Mat based pilates is performed on the floor using gravity and your own body weight to provide resistance. Although most people will commence with this style of pilates, mat pilates is not just for beginners. It is frequently used for high level rehabilitation as well as sports specific conditioning. During mat sessions, the use of pilates props such as foam rollers, magic circles, pilates resistance bands and exercise balls will be utilised to challenge you in different ways.

Equipment-based Pilates includes specific spring based equipment including the Reformer, Cadillac (trapeze table) and Split pedal chair (Wunda chair). The resistance of the springs is used to assist movement as well as challenge core control and strengthen the whole body. Not only is the equipment useful for specific rehabilitation, it makes for an interesting and challenging workout. Equipment based 1:1 sessions ensure you get the best out of every pilates session and see results sooner.



head to toe healthcare

suite 5, 324 south rd
hampton east 3188

www.headtotoehealthcare.com.au

p. 1300 10 10 20

practitioner availability

Saturday 8am – 1pm mat classes available at 9am & 10am

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

<i>standard</i>	introductory 60 min	\$80
	private 60 min	\$80
	private 30 min	\$50
	private 10 prepaid 60 min	\$730
	private 10 prepaid 30 min	\$450
<i>concession</i>	introductory 60 min	\$70
	private 60 min	\$70
	private 30 min	\$45
	private 10 prepaid 60 min	\$630
	private 10 prepaid 30 min	\$405
<i>beginners pack</i>	standard	\$200 (includes introductory & 3 x 30 min private sessions)
	concession	\$180 (includes introductory & 3 x 30 min private sessions)
<i>mat classes</i>	standard 50 min class	\$19 (health insurance rebates apply)
	concession 50 min class	\$16 (health insurance rebates apply)