

INFORMATION HANDOUT  
**BENEFITS OF  
CLINICAL PILATES**

**FAQ**

**Benefits of Clinical Pilates**

Clinical Pilates is a form of exercise that focuses on developing core strength, flexibility, balance, and stability. It is a specialised form of Pilates that is designed to address specific health issues, injuries, and conditions. Here are some of the benefits of clinical Pilates:

1. **Improved posture:** Clinical Pilates focuses on strengthening the core muscles that support good posture. As a result, Clinical Pilates can help reduce pain and discomfort associated with poor posture.
2. **Increased flexibility:** Clinical Pilates exercises emphasise controlled movements, which can improve flexibility and range of motion in the joints.
3. **Rehabilitation from injury:** Clinical Pilates can be tailored to address specific injuries and conditions, making it an effective rehabilitation tool. It can be used to build strength, flexibility, and coordination after an injury or surgery.
4. **Reduced pain:** Clinical Pilates can help reduce chronic pain, including back pain, by improving core strength, posture, and flexibility.
5. **Improved balance:** Clinical Pilates exercises focus on improving balance and stability, which can help reduce the risk of falls and injury.
6. **Improved athletic performance:** Clinical Pilates can improve athletic performance by increasing core strength, flexibility, and coordination.
7. **Reduced stress:** Like other forms of exercise, clinical Pilates can help reduce stress and improve mental wellbeing. It can also help promote relaxation and mindfulness.

## Benefits of group classes in Clinical Pilates

Group classes in clinical Pilates offer several benefits.

1. **Cost-effective:** Group classes are often more cost-effective than one-on-one Clinical Pilates.
2. **Social support:** Group classes provide an opportunity to exercise with others and offer social support, which can help you stay motivated and committed.
3. **Variety:** Group classes offer a variety of exercises that target different muscle groups and improve overall fitness.
4. **Increased accountability:** Working out with others can help keep you accountable and motivated to attend classes regularly.
5. **Safe and supervised:** Group classes are led by Pilates trained physiotherapists who provide supervision and ensure that exercises are performed safely and correctly.
6. **Fun and engaging:** Group classes can be fun and engaging, and everyone knows that when exercise is fun it is so much easier to do.
7. **Suitable for all levels:** Group classes can accommodate participants of all fitness levels and abilities, as instructors can modify exercises to suit individual needs and goals.

## Clinical Pilates in overall strengthening

Clinical Pilates is an effective form of exercise that can improve overall strength and fitness. It focuses on developing core strength, stability, flexibility, and balance. Here are some of the ways in which clinical Pilates can improve overall strengthening:

1. **Core strength:** Clinical Pilates targets the core muscles, including the transverse abdominis and pelvic floor muscles, which support the spine and improve overall core strength.
2. **Muscle endurance:** Clinical Pilates exercises are typically low-impact and performed at a slow, controlled pace. This can help improve muscle endurance.
3. **Flexibility:** Clinical Pilates exercises emphasise controlled and precise movements, which can improve overall flexibility and range of motion in the joints.
4. **Balance and stability:** Clinical Pilates exercises focus on improving balance and stability, which can improve overall strength and reduce the risk of falls and injury.
5. **Improved muscular symmetry:** Clinical Pilates exercises can help correct muscular imbalances, which can lead to improved muscular symmetry and overall strength.
6. **Reduced pain and discomfort:** Clinical Pilates can help reduce chronic pain, including back pain, by improving core strength, posture, and flexibility.

## Are Clinical Pilates suitable for the older generation?

Clinical Pilates is a low-impact form of exercise that can be particularly beneficial for older generations. Here are some of the ways in which clinical Pilates can be beneficial for older adults:

1. **Improved balance and stability:** As we age, our balance and stability may decline, which can in turn increase the risk of falls and injuries. Clinical Pilates exercises focus on improving balance and stability.
2. **Reduced joint pain:** Clinical Pilates exercises are low-impact and gentle on the joints, making it an excellent form of exercise for older adults with joint pain or arthritis.
3. **Improved posture:** Clinical Pilates exercises can help improve overall posture, reducing the risk of pain and discomfort associated with poor posture.
4. **Improved bone density:** Clinical Pilates exercises, especially those that include weight-bearing exercises, can help improve bone density and reduce the risk of osteoporosis.
5. **Increased flexibility:** Clinical Pilates exercises emphasize controlled movements and can improve overall flexibility and range of motion in the joints.
6. **Mental wellbeing:** Clinical Pilates can be a fun and engaging form of exercise that can help reduce stress, improve mood, and promote relaxation and mindfulness.

### Our Clinical Pilates Program:

Total Physiocare runs numerous Clinical Pilates classes throughout 4 of our 5 of our clinics, so there are plenty of opportunities to find a class to suit your schedule.

To join our Clinical Pilates classes, you will need to book a one-on-one appointment with one of our physio's who can assess your specific needs and guide you through proper techniques for using the equipment with the best exercises to suit your individual wellness goals.

You can then decide together if the classes are the best option for you, or if you would prefer to continue with one-on-one or two-on-one (if you had someone you would like to do sessions with)

**Total Physiocare Reservoir** | 2 Orrong Ave, Reservoir, 3073 | 9469 3157

**Total Physiocare Heidelberg** | 70 Yarra St, Heidelberg, 3084 | 9457 7474

**Total Physiocare Kew** | 308A High St, Kew, 3101 | 9882 3291

**TotalCare Brunswick** | 66 Brunswick Rd, Brunswick, 3056 | 8393 5288

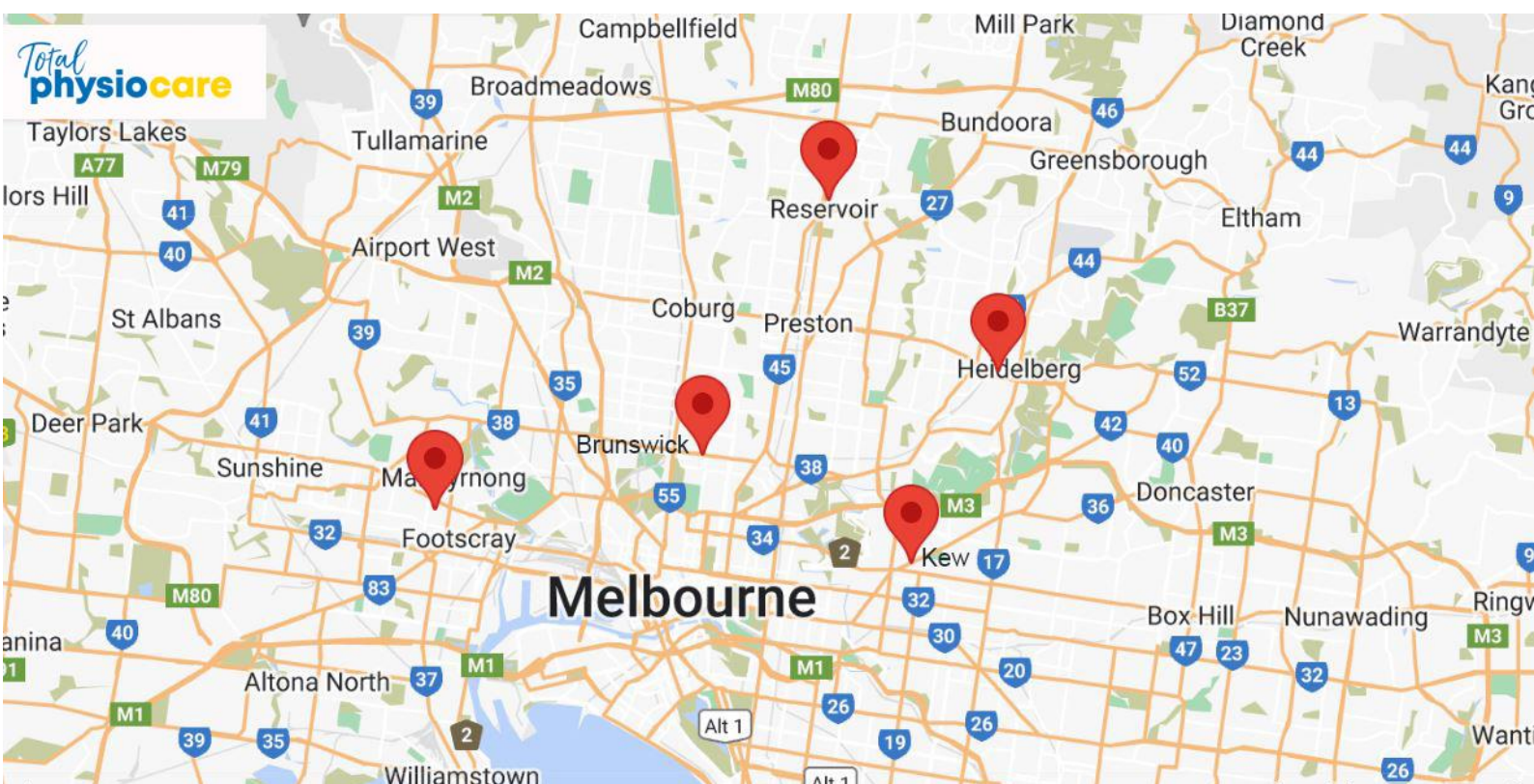
Total Physiocare runs many services across our 5 locations across Melbourne.

Call us or check out our website to learn more!

ONLINE BOOKINGS ALSO AVAILABLE

Reservoir		Heidelberg		Kew		Brunswick		Footscray
94693157		9457 7474		9882 3291		83935288		8393 5274

[www.totalphysiocare.com.au](http://www.totalphysiocare.com.au)



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