

Clinical Pilates

Pilates involves a series of exercises performed on specialist equipment. These pieces of equipment can alter the degree of ease or difficulty of the exercise routine and consequently vary the postural control needed to perform each exercise. One advantage of being able to work all major muscle groups on a particular piece of equipment is that the movement pattern is “functional” – that is, the entire body is used the way in which it was designed to be used.

Clinical Pilates is a separate stream of Pilates which has evolved, with the input of Physiotherapists, into a rehabilitation tool for injury management and performance enhancement. Clinical Pilates incorporates well established Physiotherapy concepts into Pilates’ framework, creating a functional way of training and regaining dynamic stability. As a result, people with injuries can use Clinical Pilates to allow them to exercise without re-aggravating their injury. Clinical Pilates is useful at all stages of rehabilitation, as well as for all fitness levels, body types, ages and genders.

“pilates works for every body”

Pilates differs from mainstream exercise, such as weight training, stretching and aerobic exercise, as it addresses four aims in one exercise program.

Stabilisation

One of the primary goals of the Pilates method is to promote activation of the muscles that support and move the spine. In turn Pilates improves strength, tone and control of these important muscles. The abdominal and back muscles are exercised in a controlled, progressive manner to improve trunk stability. Clinical Pilates is an excellent aid in the rehabilitation of acute and chronic spinal injuries and post spinal surgery as it promotes functional stabilisation and strengthening around the spine and pelvis.

Rehabilitation

A Clinical Pilates program designed by a Physiotherapist is a safe and effective way to rehabilitate post injury or surgery, as well as pre and post partum. Rest alone is not a cure. Research has proven a more active approach in gaining muscular control is required to fully recover from injury. Appropriate therapeutic exercise using the Clinical Pilates method will aid recovery and is scientifically proven to help prevent injury re-occurrence.

General

Pilates can be used as an adjunct to normal training to help improve performance and enhance efficiency of movement. It helps correct muscle imbalances by using those muscles that are not normally involved in everyday activities and exercise, thus helping to prevent the development of overuse injuries. This form of exercise will improve posture, flexibility, muscle strength, tone and control. An individually designed program is a safe and effective form of exercise for all ages and levels of fitness.

Progression

As you become more proficient in the Pilates Method your instructor will progress your routine making it more challenging and tailored to your individual needs. You will more than likely experience the same level of difficulty throughout your entire experience of Pilates. This ensures that your muscles are always learning new skills.