



Eastern Sports & Spinal Care

'Performance Focused Physio'

Pilates

A well designed Pilates program can improve core stability, posture, reduce chronic pain (including back, neck and limbs) and improve balance.

How It Works

Pilates was designed by Joseph Pilates in the 1920's as an exercise program combining eastern and western philosophies to improve core strength and maintain fitness.

Unlike traditional gym workouts, **Pilates** is low impact and relies on correct posture throughout dynamic movements that target all muscle groups whilst maintaining good posture and stability.

***Pilates* is suited to:**

- Those looking for an edge in competitive sport
- Individuals suffering from back pain
- Those with poor balance and muscle control
- Injury rehabilitation
- Ideal for men and women of all ages

How We Can Help You

Eastern Sports & Spinal Care were one of the first practices to introduce **Pilates** into South Australia. Since then, our physios have had regular, ongoing training to ensure that they are at the forefront of Pilates training and current Physiotherapy research.

Prior to joining a **Pilates** class, we organise a (1 on 1) assessment with one of our physios who will assess you and design a program in line with your exercise goals. We then run 45 minute physio supervised classes with a maximum of 6 participants that range from beginner to advanced, to cater for your specific level of spinal control.

Pricing

Initial Consult - \$99.50

An initial 1-on-1 assessment with a physio is required to assess your current core stability and design a specific program to improve your strength.

Subsequent Consult - \$69.50

Depending on your abilities you are likely to require 1-2 additional 1-on-1 sessions with a physio before you join a *Pilates* class.

Classes

Pilates classes are physio supervised and have a maximum occupancy of 6 people.

Health Rebates apply

1. Pre-pay for 10 Classes

\$250 = \$25 per class

2. Pay per class

\$28 per class

Availability

Pilates classes are conducted throughout the week at a range of times so that you can fit it into your busy schedule. Please contact us on 8331 0606 to discuss specific class times or visit our website to view the class timetable at www.sportsspinal.com.au



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141 Kensington Rd NORWOOD SA 5067

Ph: 8331 0606 **Fax:** 8331 0832 **Web:** www.sportsspinal.com.au

Goals

After your 1-on-1 consultation your physio will design a program to target key areas that require improvement. Your progress will be supervised and measured to ensure you are progressively working towards achieving your goals.

These can include

- Greater spinal stability to reduce pain
- Developing postural control & endurance
- Increased flexibility
- General muscle strengthening
- Enhanced core strength to improve efficiency in social and competitive sports

Your diet and duration of weekly exercise activities, in particular how often you work on specific exercises such as Pilates will determine how quickly you achieve results.

Between 3 & 6 weeks we reassess you and upgrade your program so that you can continue to progress and improve your core stability and control, with more complex exercises.



Location



**141 Kensington Rd
NORWOOD SA 5067**

MAIN ENTRANCE: Turn left off Kensington road as you head east towards the hills

ALTERNATE ENTRANCE: Turn left down Donegal St as you head east towards the hills then turn up a driveway next to an EFI International sign

Business Hours

Monday - Friday
8:30am - 6pm