

Clinical PILATES



***“Control your mind, relax your body,
build core strength”***

Clinical Pilates is a special form of Pilates developed with the input of physiotherapists to specifically:

- Develop & control core limb stability
- Restore flexibility
- Improve posture
- Improve balance
- Improve strength & tone
- Reduce pain, especially back & neck pain
- Help prevent injuries
- Provide rehabilitation after surgery or injury

Clinical Pilates is research-based & is ideal for clients who wish to exercise without aggravating a condition; or as part of a rehabilitation program. It involves specific series of exercises, performed either individually or in small group sessions, led by a qualified physiotherapist.

At Physioworks Health Group an individual physiotherapy assessment is required prior to commencing Clinical Pilates. Clients will not be progressed to a group session until they have mastered certain core muscle contractions to ensure pilates exercises are performed correctly, with correct muscle activation patterns.

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Led by one of our team of qualified physiotherapists, Clinical Pilates sessions are offered at all Physioworks Health Group clinics.

Our clinics utilize state of the art pilates equipment, along with mat based exercises that can also be performed at home as part of a home-based program.

Bookings are essential for all Clinical Pilates sessions & health insurance rebates apply – check with your health insurance provider.

Please check your local clinic website for the latest Clinical Pilates timetable or please call reception:



Physioworks Camberwell
(03) 9889 6611

Physioworks Cranbourne
(03) 5995 1111

Physioworks Pakenham
(03) 5941 5499

**Waverley Park
Physiotherapy Centre**
Mulgrave
(03) 9795 0668