

# FAQ Clinical Pilates



Clinical Pilates can be used to help prevent and manage many injuries including back pain, neck pain, hip, knee, and shoulder pain. Pilates involves resistance exercise, stretches and dynamic movements which can be performed on a mat or specialised Pilates equipment such as a reformer. Regular Pilates practice aims to improve overall body awareness, posture, flexibility, balance, and muscle control. Ultimately, Pilates aims to enable the body to move freely and efficiently during daily activities, occupations, and sports.

## What are the benefits of Pilates?

Pilates targets the deeper stabilising muscles which help improve joint stability. It is these muscles that are often weak and can predispose to injury. The many benefits of Pilates include:

- Improved recovery from injury and a decreased likelihood of re-injury
- Longer, leaner, more flexible muscles
- Muscle strength without increased bulk
- Heightened body awareness and improved posture
- Increased core strength and stability
- Improved balance and co-ordination

## Why should I do Pilates in a clinical environment?

Pilates performed in a clinical environment gives you access to instructors that can individualise the series of exercises that you perform, ensuring that the movement is being performed properly, with correct technique and muscle activation. Your instructor will only prescribe exercises which are specific to your injury, current ability, and desired health goals. The advice they give is personalised, and includes strategies on how you can improve and apply your muscular control on a daily basis.

## How do I get started with Clinical Pilates?

Pilates is safe and is suitable for all ages and levels of ability. If you wish to enrol in CSSM's Pilates programme the first step is to arrange a Pilates Starter Pack. Your Pilates Starter Pack includes your initial one-on-one assessment and two subsequent 30 minute private sessions with your instructor. Pilates Starter Packs can be arranged at reception or by calling 9889 1078.

## What can I expect on my first visit?

During your initial assessment your practitioner will:

- Take a thorough history to gain an understanding of your condition and circumstances that could have lead to your condition
- Examine your body and movement to identify the type, source, and cause of symptoms
- Form a clinical impression of your condition and discuss this with you
- Devise an exercise plan with your input. Client involvement in treatment and rehabilitation choices is encouraged and involves education about home management strategies.

Within your initial assessment you will also learn basic Pilates concepts and exercises which are then reinforced in your follow up private sessions. Once your Pilates Starter Pack is complete, you can then continue with private sessions or progress into a suitable group class.

**Private Sessions:** These are particularly valuable when you are just beginning Pilates, as you have the full attention of your instructor throughout the whole 30 minute session.

**Group Sessions:** In a group session, your instructor will guide participants through their individual programs. Group sessions are efficient and economical, allowing you to have a personalised program with active instruction, whilst maintaining affordability.

### **Which types of group classes are available?**

Following the Starter Pack, there are two streams of Pilates available, Clinical Pilates or Studio Pilates. Both class types involve small groups, with each client having a targeted program guided by the extent of their injury and focussed on their personal health goals.

**Clinical Pilates** is conducted under the instruction of a Physiotherapist or your Clinical Pilates Practitioner and has more of an injury rehabilitation focus. It involves smaller groups (4:1 ratio) and is ideal for those who have a current injury or have never done Pilates before.

**Studio Pilates** is a good option for those who may have done Pilates elsewhere in the past or are wanting to maintain their conditioning or prevent flare ups of past or existing injuries. Studio Pilates classes are conducted by our experienced Pilates instructors and have a maximum 5:1 practitioner ratio.

Many people progress from Clinical Pilates to Studio Pilates as they improve with time, or switch between the two depending on their needs.

### **What do I wear?**

It is recommended to wear comfortable clothes that allow you to move and stretch fully. Please avoid overly baggy clothing as your instructors need to see how your body is positioned and moving. Something along the lines of a singlet and shorts is ideal. CSSM requires participants to wear grip socks when using pilates equipment. These can be purchased from reception if required.

For your comfort always bring a water bottle and towel when attending your sessions.

### **What are my payment options?**

Due to the nature of these classes, pre-payment for all sessions is required. You can purchase and book classes online via the "MindBody" portal on our website. Once you have completed a Starter Pack you can then choose to purchase single classes or economical multi-class packs. Just go to [www.cssm.com.au/pilates](http://www.cssm.com.au/pilates) and follow the links.

### **Is Pilates covered by my private health fund?**

Many funds will cover Clinical Pilates when conducted by a registered Physiotherapist. In most instances Studio Pilates will not be covered. The rebate from your health fund varies depending on your insurer and level of cover, so it is best to check the details of your policy with your Health Fund.

Multi-class packs are paid in full at the time of purchase. Itemised receipts will be issued at the completion of your class pack to ensure simple claiming with your insurer.



Camberwell  Sports & Spinal Medicine

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#### **Open 7 Days**

Monday to Thursday 7 am - 8:30 pm

Friday 7am - 6 pm

Saturday 8 am - 4 pm

Sunday 9am - 5 pm