

Clinical Pilates

SUBIACO Women's health

Important Information

Clinical Pilates is a form of exercise designed and directed by specially-trained physiotherapists to restore optimal control during movement.

Movement dysfunction (or the loss of control) often precedes pathology or injury. The presence of pain can further alter the body's ability to adequately perform the functional movements required in everyday life.

Spinal pathologies are typically load sensitive as well as direction sensitive. Unloading the pathology and identifying the provocative direction is key to rehabilitating neck, back and pelvic problems.

Clinical Pilates is a form of exercise designed to promote early muscle recruitment at low levels of load to optimize control and correct dysfunction.

At Subiaco Women's Health we specialize in prescribing exercise programs using clinical pilates methods to achieve the necessary spinal loading modification and direction specificity. This approach allows for graded progression and goal setting.

We begin with a careful and thorough clinical pilates assessment which determines load and direction tolerance. Our patients then undertake intensive supervised sessions under the guidance of a Physiotherapist with a strong background in musculoskeletal pathology, pain and movement dysfunction.

As with all physiotherapy treatment programs, these sessions are individually tailored to your needs and functional goals.

Ask at reception or call today on 08 9382 9600

Supervised Sessions*

(40 Min session)

Monday to Friday	7am-6pm

Independent Pilates**

(40 Min session)
Subject to class times

Monday to Friday	7am-9pm
Saturday	10am-6pm
Sunday & P/H	9am-6pm

Clinical Pilates Exercise Classes**

(50 Min session)

Wednesday	12-1pm

Antenatal Pilates Exercise Classes

Tuesday	6.00pm-7.00pm
Thursday	6.30pm-7.30pm
Saturday	8am-9am 9am-10am

Postnatal Pilates Exercise Classes

Monday	1pm-2pm
Wednesday	1.15pm-2.15pm

* Patients are required to complete a Clinical Pilates assessment before commencing supervised sessions.

** Previous supervised sessions are required to participate in Independent Pilates or classes.