



9889 1078

Chat to one of our specialists to see how we can best help you.

# Pilates

*Pilates “develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and revives the spirit...it is designed to give you suppleness, natural grace, and skill that will be reflected in the way you walk, play and work.”*

**Joseph Pilates.**

## Who is Joseph Pilates and what is ‘Pilates’ exercise?

Joseph H. Pilates was born in Germany in 1881. As a child he was sick and frail and this led to a lifelong dedication to strengthen his body and improve his health. In 1920 he developed what we now call ‘Pilates’ exercise.

Pilates practice involves stretches and dynamic exercises designed to lengthen, strengthen, and align the body. Regular practice improves overall body awareness, posture, flexibility, balance and muscle control, which allows the body to move freely and efficiently during daily activities, occupation and sports.

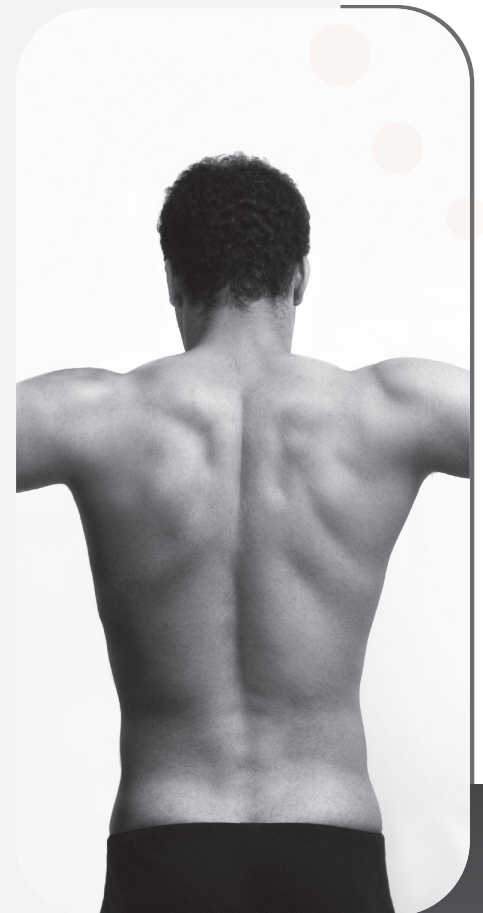
## What are the benefits of Pilates?

**There are many benefits of Pilates training, some are listed below:**

- Recovery from injury
- Improved posture
- Longer, leaner more flexible muscles
- Increased muscle strength without bulk
- Heightened body awareness
- Increased core strength and stability
- Improved balance and co-ordination and
- A decreased likelihood of re-injury

## What do Pilates instructors do?

Pilates instructors teach and guide their client through a series of stretches and exercises, ensuring that the movement is being performed properly and that the





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correct muscles are being activated. They also advise clients on how to improve and maintain their muscular control on a daily basis through the use of exercises which can be done at home with little or no equipment.

## Is Pilates safe?

Pilates is suitable for all ages and levels of ability. Your instructor will only prescribe exercises which are safe and indicated for your condition.

## What to expect on your first visit

Pilates training commences with a private 1-hour initial assessment. During this session we take a thorough history followed by structural and functional assessment to expose specific areas of dysfunction in muscle recruitment and control. In your initial assessment you will learn basic concepts and Pilates exercises.

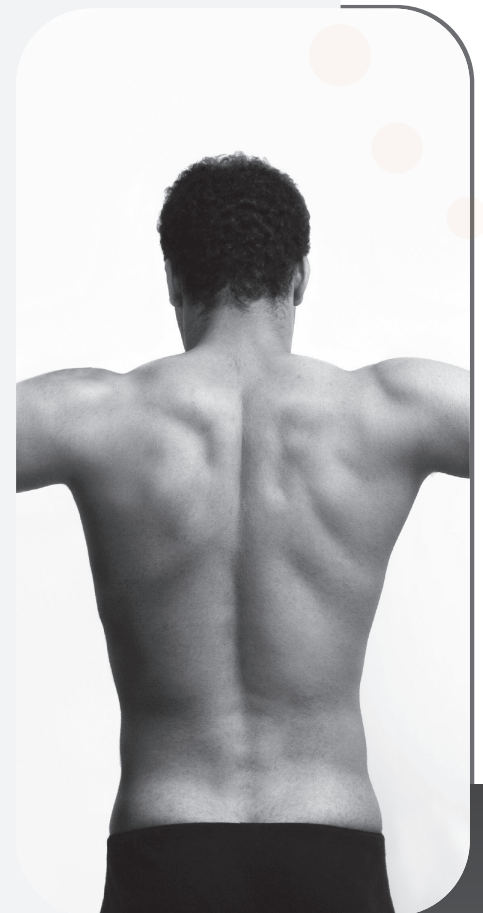
Following that session you may decide to join semi-private sessions or continue with private sessions.

## **An initial assessment takes approximately one hour. During this initial visit your instructor 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 identify the type, source and cause of symptoms.
  - Diagnose your condition and discuss this with you.
  - Devise a treatment plan.
- We involve patients in treatment and rehabilitation choices.
- Educate you about your condition and what you can do to help it to improve.

## What do I wear and what do I bring to a session?

Wear something that is comfortable and that allows you to move and stretch fully. Please avoid overly baggy clothing as your instructors need to see how your body





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is positioned and moving. Something along the lines of a singlet and leggings/running shorts would be ideal.

## Things to bring with you:

- Water bottle
- Towels are provided but you are welcome to bring your own if you prefer
- Mats are provided for all classes, but you are welcome to bring your own mat if you prefer
- Clean socks

## How many sessions will I need?

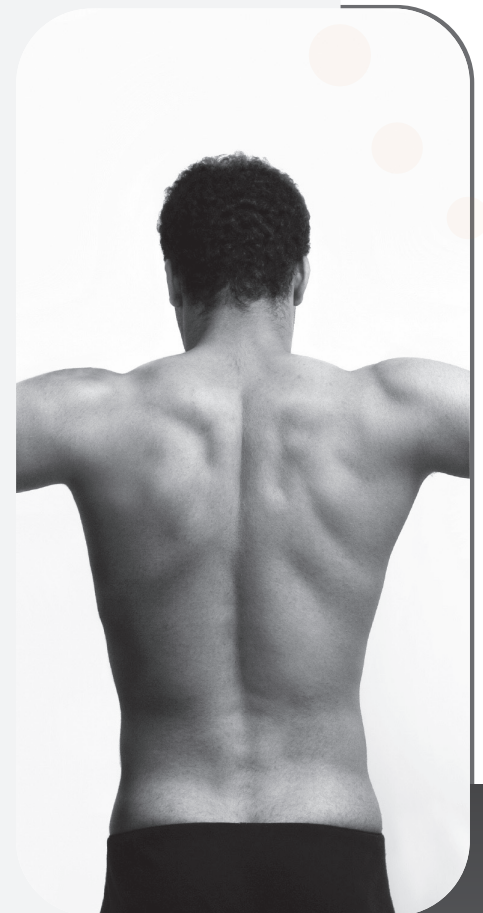
This is dependant on the complexity and severity of your presenting condition, your current level of fitness, and what you ultimately wish to achieve from Pilates. Following your initial assessment, your instructor will be better able to discuss with you the nature of your condition and roughly how many sessions you may need in order to see improvements.

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

**Group/Semi-private Sessions:** In a 1:3 session, your instructor will be teaching up to three clients. He or she will teach you an exercise, then move on to the second and third students while you complete the repetitions of the exercise, and then come back to you. 1:3 sessions are efficient and economical, allowing you to have an individual program while maintaining affordability.

## Do I need a referral from a GP?

While GP's and specialists seeking the best care for their patients often recommend that patients try Pilates, a referral is not necessary. For a Pilates consultation simply make an appointment with Camberwell Sports & Spinal Medicine directly (9889 1078). Pilates is a complementary form of treatment and works well when used in conjunction with medical treatment.





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## What are my payment options?

For optimal benefit from a Pilates programme a course of sessions is recommended.

As an introduction to Pilates we recommend a starter pack that includes an initial assessment plus 2 private sessions for \$230. This option allows the practitioner to tailor a programme to your individual needs, will allow you to gain a basic understanding of Pilates exercises in a one-on-one setting AND ensure that your technique is safe before you move on to group studio sessions.

Multi session packs are available in 10 session blocks. This is a great option to follow on from your initial package, or for those people who have had previous Pilates experience. Buying multi-session packs provides you with Pilates sessions at a reduced rate.

## Is Pilates covered by my private health fund?

Camberwell Sports & Spinal Medicine is able to offer “on the spot” rebates via HICAPS. The rebate varies depending on your health insurer and level of cover so check the details of your policy. We cannot claim multiple sessions purchased at once on private health insurance in the one transaction.

After each session you attend we will provide you with a receipt which can then be taken to your health insurer for the rebate. This allows you to claim your health insurance benefit at each session and get the discounted rate that our multi-pass offers! If purchasing individual Pilates sessions in single payments we are able to claim on the spot through your private health fund.

