

# FAQ Studio Pilates



Pilates practice utilises stretches and dynamic exercises on both the mat and Pilates equipment to lengthen, strengthen, and improve muscle control and function. Regular practice improves overall body awareness, allowing the body to move freely and efficiently during daily activities, occupations and sports.

Making best use of all of the facilities in our Pilates studio, including reformers, trapeze, wunda chair and suspension training equipment, Studio Pilates is focussed on maintaining and improving current function and ability, and helping prevent previous injuries from reoccurring.

In a Studio Pilates class you will complete an individually tailored program directed towards strength, conditioning and longer term injury prevention. For this reason Studio Pilates provides a good option for those who are:

- Looking for further progression from Clinical Pilates after rehabilitating their injury.
- Seeking performance improvements on the sporting field.
- Wanting to prevent flare ups of past injuries by improving their strength and conditioning.

## What are the benefits of Pilates?

Pilates is a low impact form of exercise that focusses on improving the control, strength and function of the muscular system using a unique set of exercises. Perhaps the greatest benefit of Pilates is the ability to train the deeper muscles surrounding each of the joints. It is these muscles that are vital to improve joint stability and control movement but they are often weak and predisposed to injury without specific training.

Further benefits of Pilates training include:

- Improved posture
- Decreased likelihood of re-injury
- Increased range of motion with greater muscle flexibility
- Increased muscle strength without bulk
- Heightened body awareness
- Increased core strength and stability
- Improved balance and co-ordination
- A better sense of wellbeing

## Who are your Pilates Instructors?

The Pilates Team at CSSM are trained in advanced Pilates and movement exercises with a focus on injury rehabilitation and prevention, as well as muscular strength and conditioning. In a Studio Pilates class, your instructors design your tailored program, are able to modify and progress exercises to your needs, teaching and guiding you through a series of movements, ensuring that each movement is being performed with safe technique.

Improvements are best gained by an ongoing and progressive program of exercise. Our instructors can also advise you on how to improve and maintain your muscular control on a daily basis through the use of exercises which can be done at home with little to no equipment.

### How do I get started with Studio Pilates?

Prior to joining a Studio Pilates Class all clients are required to have an initial 60 minute assessment. Your initial assessment can be arranged by calling the clinic reception on **9889-1078**.

Once you have completed your initial assessment, your instructor will build a program for you and get you started on your Studio Pilates program.

### What can I expect on my first visit?

During your initial assessment your instructor will:

- Take a thorough history to gain an understanding of your condition and circumstances that have led you to start your Pilates program.
- Assess your posture and movement to identify areas to be targeted.
- Devise an exercise plan. Client involvement in treatment and rehabilitation choices is encouraged and involves education about your body and what you can do to gain maximum benefit from your sessions.

Throughout your initial assessment you will also learn basic Pilates concepts and exercises which will be reinforced when you book into your group class.

### 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 these can catch on equipment and your instructors need to see how your body is positioned and moving. Something along the lines of a singlet and shorts or leggings 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 through our website. Once you have completed your initial assessment, you can then choose to purchase single classes or more 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?

In most instances, Studio Pilates will not be covered. For health insurers that do cover Pilates as part of their Wellness packages, the rebate from your health fund will vary depending on your particular insurer and level of cover, so it is best to check the details of your policy with your fund directly.



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