

FAQ PIER

- PRACTITIONER INSTRUCTED EXERCISE REHABILITATION



PIER stands for **P**ractitioner **I**nstructed **E**xercise **R**ehabilitation and is Camberwell Sports and Spinal Medicines group exercise therapy program designed to prevent and manage injury. PIER sessions are conducted in our Pilates Studio and involve a tailored program of resistance exercise, stretches and dynamic movements.

Exercise prescribed and instructed by your practitioner, is an evidence-based approach to managing pain and injury. Ultimately, this structured exercise aims to enable you to reach your desired health goal by improving overall body awareness, posture, flexibility, balance, and muscle control. Enabling the body to move freely and efficiently during daily activities, occupations, and sports.

What are the benefits of Exercise Rehabilitation?

Equipment assisted exercise rehabilitation enables you to target 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 active rehabilitation include: Improved recovery from injury and a decreased likelihood of re-injury - More flexible muscles and increased range of motion - 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 exercise rehabilitation in a clinical environment?

Exercise performed in a clinical environment gives you access to practitioners and equipment 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 tailored and includes strategies on how you can improve and apply your muscular control on a daily basis.

What is the difference between PIER and Studio Pilates?

PIER is conducted under the instruction of a Physiotherapist or other appropriate Health Practitioner and has a specific injury rehabilitation focus. It is this focus that make these sessions claimable through your Private Health Insurance. Whilst PIER programs may include exercises that utilise reformers and other equipment used in Studio Pilates sessions – PIER does not rely on Pilates principles.

Studio Pilates in comparison is a good option for those who are wanting to maintain their conditioning or prevent flare ups of past or existing injuries. Often participants of the PIER program progress to Studio Pilates once their Injury rehabilitation has progressed. Studio Pilates classes are conducted by our experienced Pilates instructors and have a maximum 5:1 practitioner ratio.

How do I get started with PIER?

Our PIER program is suitable for all ages and levels of ability. If you wish to enrol in CSSM's PIER programme the first step is to arrange a PIER Starter Pack. Your PIER Starter Pack includes your initial one-on-one assessment and two subsequent extended private sessions with your

practitioner. PIER 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 rehabilitation concepts and exercises which are then reinforced in your follow up private sessions. Once your PIER 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 PIER, as you have the full attention of your practitioner throughout the whole 30 minute session.

Group Sessions: In a group session, your practitioner 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.

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. Appropriate footwear may be required for other equipment. 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/PIER and follow the links.

Are PIER sessions covered by my private health fund?

Most Funds will cover Exercise Therapy when prescribed and supervised by a health practitioner for the management of injury.

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.



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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