

CLINICAL PILATES FOR POSTURE AND BACK PAIN

The Clinical Pilates for posture and back pain is designed for individuals who suffer from chronic or sub-acute thoracic, lower back or pelvic girdle pain.

AIMS:

- Improve core and lower body strength
- Increase spinal mobility and pelvic stability

THE PROGRAM INCLUDES:

Assessment:

A Physiotherapist will conduct an individual assessment with you, prior to you commencing the group to determine safety and appropriateness of exercise.

Group Exercise:

Under the supervision and guidance of a Physiotherapist and an Allied Health Assistant, you will complete a group-based exercise program targeting strength and mobility. The exercises are a combination of standing, sitting and mat based Pilates exercises.

ABOUT THE PROGRAM:

- 8 week program
- Sessions held on Wednesday's 2:00-3:00pm
- The program is held in the Physiotherapy Department of the CRC Building at Central Gippsland Health

Cost for the program: This group is currently government-funded therefore attendees will incur no charges.

Contact: Physiotherapy Department **Tel:** (03) 5143 8560