



Tuxedo Physiotherapy

CLINICAL PILATES & PILATES REFORMER

Clinical Pilates & Pilates Reformer may be appropriate with:

- * Pre and post knee and hip replacements
- * Low back and neck injuries or pain
- * Sports injuries
- * Repetitive stress injuries
- * Pre and post-natal exercises
- * Cancer rehabilitation
- * Neurological rehabilitation
- * Dance rehabilitation
- * Anyone who wants to practice non-impact exercises



Clinical Pilates is a form of exercise rehabilitation that combines Physiotherapy and Pilates in a clinical setting.

At **Tuxedo Physiotherapy** both your assessment and instruction will be carried out by a Registered Physiotherapist. Clinical Pilates sessions are designed individually for you and your body following a comprehensive assessment of your physical abilities, movement patterns and your specific concerns. Clinical Pilates is used in conjunction with traditional physiotherapy treatment as a form of exercise rehabilitation. Through this restorative form of exercise, you will learn how to recruit and use your core stabilizing muscles, how to maintain correct spinal posture and how to restore specific muscle imbalances. Pilates can help you to improve your body awareness, dynamic balance, overall strength and flexibility.

Treatment sessions focus on the basic principles of breathing, spinal alignment, shoulder placement, neck placement, and deep abdominal connection. You'll work towards freedom of movement, and leave each session with a greater awareness of your body.

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Clinical Pilates is covered by most extended medical plans under physiotherapy