



Ross B Smith & Associates

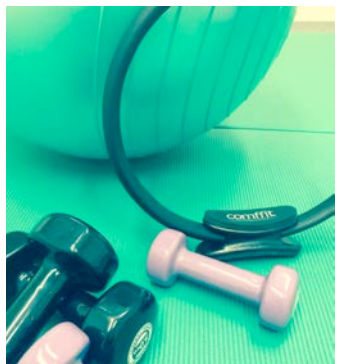
189 Booran Road, Caulfield South VIC 3162

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## Clinical Pilates Classes



## What Is Clinical Pilates?

**Mind-Body technique** that focuses on targeting and conditioning core stability, strength, flexibility and posture.

Strengthening the weak core musculature improves the support for the lower back. This aims to decrease pain and disability.

Additionally, stretching and mobilising allows the joints between the spine to have more space, which aims to decrease joint compression.

**Matwork Pilates:** Focuses on core stability, strength, mobility and flexibility through a range of Pilates exercises on an exercise mat.

**Equipment Pilates:** Uses machines, such as the *Pilates Reformer*, *Trapeze* or *Wunda Chair* to challenge the core through spring resistance.

The core is challenged with the use of limb movements and resistance provided by Pilates machines or accessories.

**Clinical Pilates is supervised by Pilates trained Physiotherapists to ensure correct technique and posture are maintained.**



## Prices:

Most Private Health Insurance funds will cover at least some of the cost of the Clinical Pilates Classes.

For more details on prices and class times please call us on: **9578 9124**

## Pilates Clinician

Jessica Frydenberg

Jess has a keen interest in Pilates and has completed both her Pilates Matwork and Equipment Level 1 certificates through the Australian Physiotherapy and Pilates Institute (APPI).

Jess has experience working with sporting clubs and providing rehabilitation programs to players with sporting injuries. She worked as a Senior Trainer for AJAX football club (2011 - 2013) and was selected as a Junior Physiotherapist for an international sporting competition in 2013. Jess has also had work experience at the North Melbourne Football Club.

Jess also has paediatric experience. She volunteered at a Paediatric Physiotherapy Practice and has worked as a Gymnastic Coach.

Jess is dedicated to provide the most patient-centered Pilates program to improve your symptoms and decrease pain.



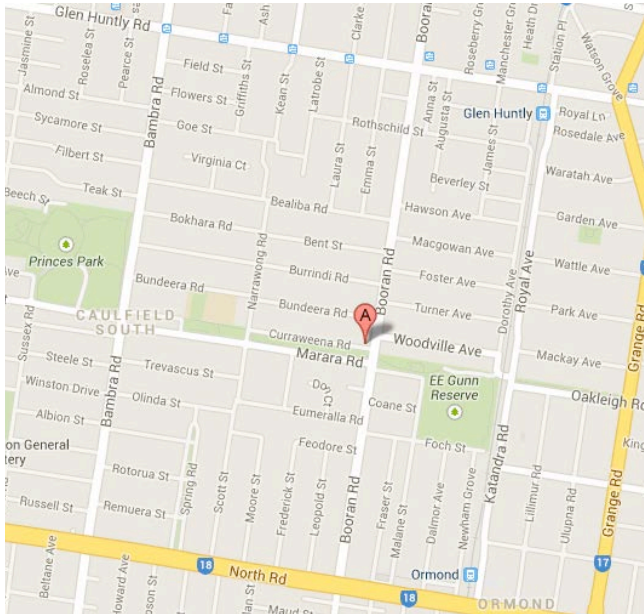
# Pilates Sessions

## Hours:

Mon: 11am - 8pm  
Tue: 8am - 4pm  
Wed: 12pm - 8pm  
Thu: 8am - 5pm  
Fri: 8am - 12pm  
Sat: 8am - 12pm

## Where are we?

189 Booran Road, Caulfield South VIC 3162  
189 Booran Road between Glen Huntly Road and North Road



Google Maps

Ph: 9578 9124 Fax: 9578 9847

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## Who can benefit?

Clinical Pilates can benefit patients with:

- Low back pain
- Neck or upper back pain
- Headaches
- Shoulder pain
- Pelvic instability
- Sport / post surgical rehabilitation
- Postural deficiencies
- General weakness
- Pre / post-natal pain
- Paediatric conditions

## What can I expect?

Clinical Pilates program will be slightly different for each patient, however you can generally expect:

### Initial Pilates Assessment

- The Physiotherapist will discuss your concerns and the history of your presenting problem / injury.
- An assessment of your presenting problem.
- An introduction into the principles of Pilates.

### One-on-one session

- Provides a personalised Pilates program, which is updated and progressed throughout the Pilates classes.
- Offers one-on-one supervision from the Physiotherapist, which is advised initially to ensure you have correct activation of the core and are using the correct technique.

### Classes

- Once the Physiotherapist is confident you have the correct technique, group classes can commence.
- There is a maximum of three clients per class, to ensure that the Physiotherapist is still able to monitor each of your techniques.
- New exercises are introduced and progressions made.

Sessions are 30 minutes



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