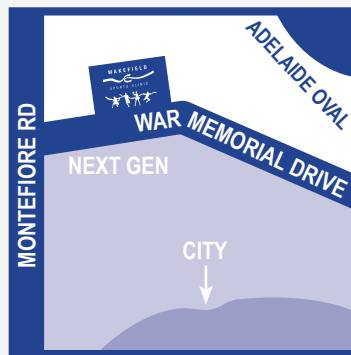


What to Expect

- An initial 40 minute comprehensive assessment, with one of our trained Clinical Pilates Physiotherapists to determine your needs and to develop your individual Pilates program.
- When you have mastered the basics of Pilates (usually 2-3 sessions) you will be ready to progress to a group setting, or you may choose to continue with supervised individual sessions.
- Group sessions are 45 minutes, with a maximum of 5 participants.
- All sessions (individual and group) are conducted by our trained Clinical Pilates Physiotherapists.

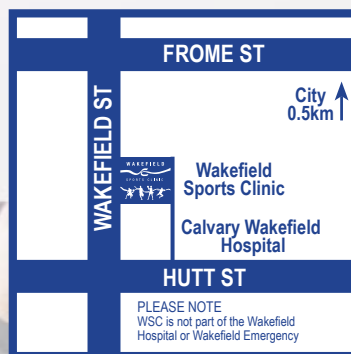


Finding Us...



NEXT GEN

First Floor, War Memorial Drive
North Adelaide
8221 7000



WAKEFIELD ST.

270 Wakefield Street
Adelaide

8232 5566

WWW.WAKEFIELDSPORTS.COM.AU



CLINICAL PILATES



The best care for sporting bodies.
Leaders in orthopaedics.

Why Clinical Pilates?

Pilates is a holistic form of exercise that teaches you to be more aware of your body's posture, balance, strength and movement. At Wakefield Sports Clinic, Clinical Pilates is used for rehabilitation and 'prehab' (preventative rehab) for a variety of injuries and conditions. This can assist in correcting faulty movement patterns, improving balance and addressing strength.

Our Clinical Pilates trained physiotherapists are skilled in the identification and correction of poor postural habits and imbalances and as such can tailor your Pilates program to meet your individual needs.

Pilates can also be used as a specialised form of sports conditioning and performance enhancement.

Clinical Pilates Can Help

- Low back pain
- Joint stiffness/arthritis
- Upper back and neck conditions
- Postural pain syndromes
- General core conditioning
- Abnormal movement patterns
- Muscle endurance
- Post operative rehabilitation
- Rehabilitation of sporting injuries



We Can Create Tailored Programs for:

Women

- Antenatal fitness
- Postnatal fitness

Men

- Return to sport
- 'Gym ready' conditioning
- Targeted strengthening of problem areas
- Sports conditioning and performance enhancement

Kids & Teens

- Improve postural awareness, flexibility, strength and balance
- Maintain a healthy body weight
- Cross training and injury prevention to support growing athletes

Older Bodies

- Safe, low impact form of exercise
- Postoperative care and strengthening e.g. joint replacement

Skiing Bodies (Get Fit to Ski)

- Improve strength, flexibility and biomechanics specific to skiing and snowboarding
- Learn ways to warm-up and warm-down after hitting the slopes
- Learn how to effectively manage the common aches and pains associated with skiing and snowboarding

Sporting Bodies

- Improve strength and balance
- Injury prevention and rehabilitation

