



Tired of trying to navigate your way through the healthcare maze?

Let our team of experienced professionals show you the way.

**LIVE
LOVE
PILATES**

**The Bellerive Quay Health Hub
Holistic Wellness Centre**

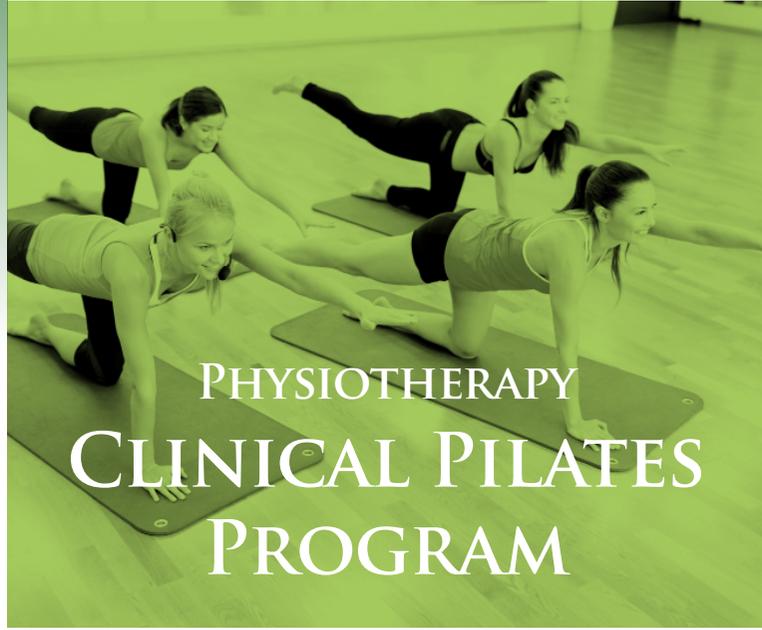
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**THE BELLERIVE QUAY
HEALTH HUB**
HOLISTIC WELLNESS CENTRE



**PHYSIOTHERAPY
CLINICAL PILATES
PROGRAM**

**Your One Stop Multi-Disciplinary
Healthcare Service**

What is Clinical Pilates?

Clinical Pilates takes the knowledge that Physiotherapists have of body systems and injuries and how they work and applies them to Pilates exercises. This gives you a program of exercises that are specific to your needs whether it is for treatment of injury, recovery from injury or prevention of injury.

Clinical Pilates is not only useful for the treatment and prevention of back pain, but can also be helpful for neck pain, pelvic stability, shoulder stability and knee strength (just to name a few).

Pilates can assist with...

- Injury Management including the management and relief of chronic pain
- Injury Prevention
- Stress Relief
- Improved Posture, Tone and Flexibility
- Improved awareness of movement and control
- Improved co-ordination and balance

Clinical Pilates leads to better functional movement – at home, at work and during sports or other activities.

By utilising the Pilates equipment, plus other exercise equipment available in the studio, we can provide you with a functional conditioning program to get you strong and in control of your movement.

The Hubs Clinical Pilates Program

Every client will receive a thorough assessment by our Physiotherapist to identify any existing physical problem areas and to identify each individual's specific goals for the program.

Education will be provided on the use of "Core Muscles" or other stabilising muscles. Then an individual Clinical Pilates program will be developed for each client. Programs can be established for all levels of ability from non-exerciser, to manual labourer, to elite sports person.

The physiotherapist will then provide one-on-one supervision to teach you your exercises, ensuring correct and safe technique. Ongoing supervision in the Clinical Pilates area is provided either one-on-one or in small groups. Even in small groups each client will continue to work on their own individual program.

The opportunity for open sessions in the studio will be available once an exercise program is well established. Regular physiotherapy reviews will be conducted to check technique and modify the program as needed. Changing the program is a great way to give the muscle systems a boost – muscles need a challenge and change regularly.

"Pilates is one of the best things I have ever done for myself. It has improved my posture, flexibility, and core strength. Pilates is not only good for your body but is also good for your overall well being."

The process for participation in The Hubs Clinical Pilates Program

1. One-on-one Clinical Pilates sessions
2. Pilates Prescription utilising our Pilates Reformers in our purpose built Pilates Studio
3. Group Mat Pilates Sessions

Referrals

- Self Referral
- General Practitioner

Health rebates are available on all Assessments and Supervised Clinical Pilates

