

Frequently asked Questions?

What are some benefits of Bay Physiotherapy Centre Clinical Pilates?

Improved core strength and trunk stability, muscle tone, posture, alignment, breathing control and a positive sense of well being. Assists in the prevention of musculoskeletal injury.

What type of class?

Specificity is the key to optimal results. As goals, needs and abilities are all individual our team at Bay Physiotherapy Centre will provide a One on One introductory/assessment session prior to recommending the appropriate level and type of class for you. Classes range from beginner to advanced with the changing needs of individuals addressed at each level.

How many in a class?

In order to receive individual exercise correction and progression, all classes are kept to a maximum of eight participants (10 in high school class).

Do you have One on One sessions?

Yes, a One on One session is available by appointment at an extra charge. You may choose a combined private session with a friend or we may be able to tailor a class to suit.

I am injured, can Clinical Pilates help me?

Discuss this with Bay Physiotherapy Centre staff.

How do I get started?

Contact one of our friendly staff at Bay Physiotherapy Centre for all enquiries. **Ph. 07 5779798**

An Introduction class or Initial evaluation must be completed before commencing any classes.

We welcome the opportunity to assist you on your pathway to better health.

All classes are taken by a Physiotherapist trained in Pilates.

Classes are small so please book early to avoid disappointment.

All enquiries welcome

Bay Physiotherapy Centre

Promed House
Suite 2
71 Tenth Avenue
Tauranga 3110

Phone: 07 5779798

Fax: 07 5771012

e-mail: enquiries@bayphysiotherapy.co.nz

Website: www.bayphysiotherapy.co.nz

Clinical Pilates Centre



Y o u r P r o b l e m
O u r
E x p e r t i s e

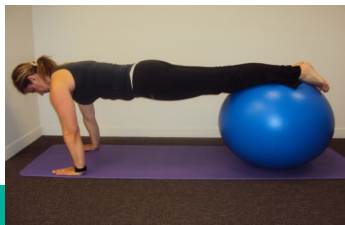
What is Pilates?

- Pilates teaches you to use the correct muscles necessary for ideal posture and trunk stability. It improves the imbalance of muscle length, strength and improves joint flexibility.
- Physiotherapy based Clinical Pilates sessions differ from the Traditional Pilates exercises taught in many community based group settings.
- Physiotherapists have developed and researched therapeutic exercises to optimize core stability and spinal health. This concept together with Traditional Pilates, make up the Clinical Pilates method.



Clinical Pilates

- Instructors are highly trained Physiotherapists with specialised post graduate training in Clinical Pilates.
- Provides both static stabilization and dynamic control of movement.
- Targets underlying structural imbalance resulting from a lack of core support, poor posture, muscle instability and lack of body awareness all of which effect wellbeing, function and increase stress to the body.
- Provides benefits on all levels to new exercisers, those rehabilitating from injury and elite athletes.
- Individually prescribes and progresses exercises to meet your specific needs and goals, while respecting individual pathology.
- Is research based using current scientific knowledge to justify the effectiveness of exercise performance.



History of Pilates

- Joseph Pilates established the Pilates method as a physical training tool in the 1920s.
- Following World War I he began using his Pilates exercises as a treatment tool for sick and injured soldiers.
- Upon moving to the USA his exercises were embraced by the dance community.
- While he died in 1967 his methods have continued to be used throughout the world in both the dance and gym communities.

