

Clinical Pilates



Pilates is a holistic form of exercise that is designed to retrain both the body and the mind. Emphasis is placed on creating the right body alignment, so that we can stand, sit and move with our bodies in the most efficient position. At Riseley we combine the benefits of Pilates with the science of exercise rehabilitation to produce Clinical Pilates.

Specialists in Back Pain

Core stability is one of the central concepts of Pilates – the trunk is the powerhouse of the body. Recent scientific research into muscular function is giving core stability unparalleled support in the rehabilitation of spinal injuries. Studies of the function of the deep abdominal and lower back muscles are showing that improving their coordinated function and strength is helping prevent as well as rehabilitate back injuries. And the same concept can be applied to other parts of the body.

Exercise Rehabilitation is not new to Physiotherapists. Pilates provides unique tools to be able to address the muscular control specifics of poor function and problem-solve the reason or the pathology behind the painful situation. With Clinical Pilates our Physiotherapists can significantly reduce your pain and improve your function.

Pilot research conducted in conjunction with students from Curtin University has shown that attendance at Riseley's Rehab Gym is positively correlated with reduced back pain and improved functional outcomes.

Program Details

Each session is approximately 1 hour long. In your first session your physiotherapist will conduct a thorough examination, including digital photography and video analysis. Upon explanation of the results a program will be individually developed for your needs and your training will commence. Subsequent sessions are supervised by the physiotherapist who progresses you at your own rate. Formal reassessment is undertaken regularly, including comparative digital imaging. Home programs are developed and as the exercise program is not aerobic, regular walking or swimming is recommended.

Results are quicker if attendance is initially two or three times per week. For hygiene please bring socks and a towel.

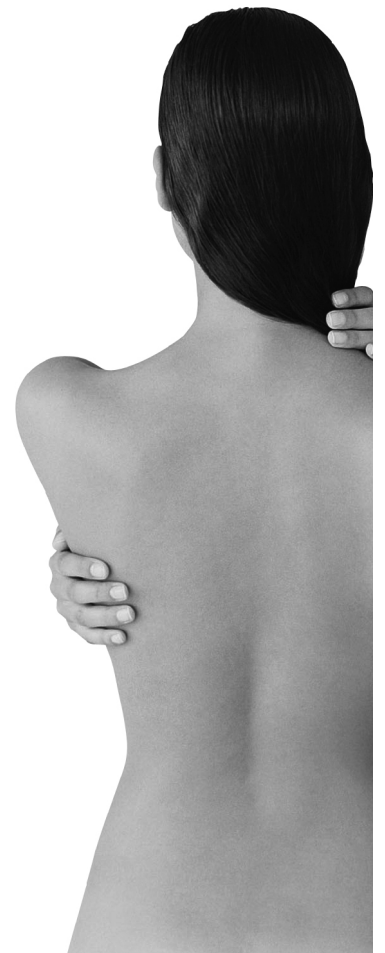
Once you are safe and proficient, it may be recommended that your ongoing program be supervised by our Pilates Instructors

Health Insurance Rebates

As a physiotherapist provides your Clinical Pilates service, every consultation is fully rebatable through your private health insurance.

Contact

8 RISELEY ST
APPLECROSS WA 6153
T: 1300 RISELEY
F: 9316 3647
robynh@riseley.com.au
www.riseley.com.au



Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Clin Pilates		Clin Pilates		Clin Pilates		
8am	Clin Pilates		Clin Pilates		Clin Pilates	Clin Pilates	
9am	Clin Pilates		Clin Pilates		Clin Pilates	Clin Pilates	
10am	Clin Pilates		Clin Pilates		Clin Pilates	Clin Pilates	
11am	Clin Pilates	Clin Pilates	Clin Pilates	Clin Pilates	Clin Pilates	Clin Pilates	
12 noon	Clin Pilates	Clin Pilates	Clin Pilates	Clin Pilates	Clin Pilates		
1pm	Clin Pilates	Clin Pilates	Clin Pilates	Clin Pilates			
2pm		Clin Pilates		Clin Pilates			
3pm		Clin Pilates		Clin Pilates			
4pm		Clin Pilates		Clin Pilates			
5pm		Clin Pilates		Clin Pilates			
6pm		Clin Pilates		Clin Pilates			

 Shaded timeslots indicate times where Extended Consultation bookings are available

Prices

Per Session

Session	Instruction Level (Maximum Ratio)	Purpose	Price
Extended Consultation	One Client per Hour	Assessment and Reassessment	\$130.00
Standard Consultation	Four Clients per Hour	Rehabilitation Program	\$65.00

Bulk Discount Packs (Conditions apply, please refer to the contract)

Packs	Quantity	Expiry Period	Pack Price	Price/Session
Physiotherapy 10 Pack	10 x Standard Consultations	2 months	\$585.00	\$58.50
Physiotherapy 20 Pack	20 x Standard Consultations	4 months	\$1,072.50	\$53.63
Physiotherapy 30 Pack	30 x Standard Consultations	6 months	\$1,462.50	\$48.75

A monthly partial payment plan is available for some bulk discount packs.

Two Physiotherapy Pack Items may be used for an extended consultation.