

Pilates



What is Pilates?

Pilates promotes the importance of posture, breathing control and efficient body movement. Exercises are devised to improve strength, flexibility and balance. This aims to improve movement patterns which will enhance activities of everyday life. We have deep and superficial layers of muscles. The deep muscles provide local stability around these areas, whilst the superficial muscles provide the movement.

An imbalance in these muscle groups can result in altered movement and pain. The Pilates exercises will work on strengthening the deep stability muscles to correct any abnormal movement patterns. Pilates can be done with or without equipment, involve a slow, precise

movement that requires concentration and breathing control.

By focusing on the deep muscles, Pilates can also help improve core strength and stability. This is especially important for those who have suffered from back pain or want to prevent it from occurring. By strengthening the core muscles, Pilates can help support the spine and reduce the risk of injury. Additionally, Pilates is a low-impact form of exercise, making it suitable for people of all ages and fitness levels. With continued practice, Pilates can improve overall physical health, mental well-being, and quality of life. So, whether you're looking to improve your posture, increase your flexibility, or simply de-stress, Pilates is a great option to consider.

Benefits:

- improved flexibility
- increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks (the 'core muscles' of your body)
- balanced muscular strength on both sides of your body
- enhanced muscular control of your back and limbs
- improved stabilisation of your spine
- improved posture
- rehabilitation or prevention of injuries related to muscle imbalances
- improved physical coordination and balance
- relaxation of your shoulders, neck and upper back
- safe rehabilitation of joint and spinal injuries
- prevention of musculoskeletal injuries
- increased lung capacity and circulation through deep breathing
- improved concentration
- increased body awareness
- stress management and relaxation.



What are the aims of Pilates?



After an assessment and/or treatment session or telephone triage with one of our Physiotherapist a joint decision can be made on if Pilates is the best exercises for you. The aim would be to strengthen the body in an even way, with particular emphasis on core strength to improve your general fitness and well-being. Once you start to increase your strength, fitness and stamina – this can have a positive impact on pain and functional mobility.

During the class you will be doing a series of controlled movements on an exercise mat on the floor. Other equipment might be included in a class (ring, ball, resistance band and/or weights). All exercises can be modified to suit your level of fitness of which your class instructor will be able to support you with:

We offer group classes (maximum of 10), 1:1, 1:2, 1:3 and 1:4 sessions.



The difference between Pilates and Yoga

Pilates and Yoga are often thought to be one in the same, however Pilates traditionally focuses more on control of movement and muscular

endurance as opposed to yoga which connects the body to the mind through flow of movement.

Both Pilates and Yoga have become popular forms of exercise and relaxation around the world, but they have distinct differences. Pilates is a low-impact exercise that focuses on strengthening the core muscles, improving posture, and increasing flexibility. In Pilates, the movements are precise and controlled, and the emphasis is on quality rather than quantity of repetitions.

On the other hand, yoga is a practice that originated in ancient India and has been around for thousands of years. While yoga also focuses on strength, flexibility, and balance, it is more of a spiritual practice that aims to connect the mind, body, and spirit. Yoga includes various styles, such as Hatha, Vinyasa, Ashtanga, and Bikram, each with their own unique focus and benefits.

Overall, both Pilates and Yoga have their own unique benefits and can be a great addition to anyone's workout routine. Whether you are looking to improve your physical health or reduce stress, these practices can help you achieve your goals in a safe and effective way.

Pilates can be helpful for long standing chronic pain conditions:

- Chronic back pain
- Postural pain
- Hip pain
- Shoulder pain
- Whiplash
- Arthritis
- Post-surgery
- Fibromyalgia

What will I need?

Patients are advised to wear loose fitting clothing and socks. Footwear is usually removed to participate in the class. Patients are welcome to bring a drink and their own exercise mat, but these will be provided if needed.

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