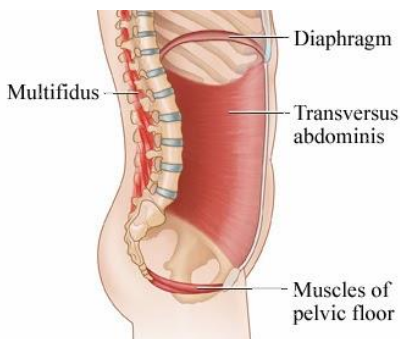




## What is Clinical Pilates?

Physiotherapists have adapted traditional Pilates exercises to accommodate people with injuries, the elderly or deconditioned, pre and post-natal women or those who just feel they need a bit more guidance when exercising.

## What are the benefits?



Clinical Pilates will teach you how to activate your deep transversus abdominal muscles which help to stabilize your trunk and pelvis – this is also known as your ‘core’. You will be shown how to use your deep abdominal muscles to maintain a neutral spine while performing leg and arm movements in different positions. The aim is to improve core strength, posture, balance, flexibility, body awareness and strength.

## How do I start Clinical Pilates?

At Narrabri Physiotherapy our clinical Pilates physiotherapist has undergone training with the Australian Physiotherapy & Pilates Institute. We offer private matwork clinical Pilates or group matwork classes which have small numbers so you have constant supervision and feedback throughout the class.



**For more information please contact:**

**NARRABRI PHYSIOTHERAPY, 33 Balonne Street, Narrabri, NSW, 2390**

**Phone: 02 6792 4085**

**Email: [narrabriphysio@nsw.chariot.net.au](mailto:narrabriphysio@nsw.chariot.net.au)**