

What makes Sportswise different

Our **Pilates Instructors** work as part of a multi-disciplinary team and have specialist knowledge of sporting injuries, musculoskeletal (muscles and joints) and occupational health problems.

We take a holistic approach to diagnosis and management of conditions to optimise treatment and prevent the problem recurring. At Sportswise we pride ourselves on not just treating your symptoms but identifying the underlying cause of your problem so that we can treat it effectively and help you to return to your normal activity or sport as soon as possible. We have the latest equipment and facilities at the clinic to use when needed.

Pilates

Pilates is an evidence based form of exercise that assists with the assessment and management of musculoskeletal disorders and sports injuries. This can be beneficial as a stand-alone treatment or in conjunction with other techniques or disciplines.

Who will benefit

Pilates suits all ages and fitness levels and is particularly beneficial for those with back pain, poor posture, sports injuries, arthritis, and stress-related illness. It helps in creating a balance between strength and flexibility.



Pilates can benefit people wanting to:

- Improve posture
- Increase strength and stamina
- Exercise post pregnancy
- Relax and combat stress
- Improve balance and co-ordination
- Recover from injury and prevent that injury recurring

Treatment

Pilates is a conditioning exercise programme that targets the deep postural muscles of the abdomen and spine to improve overall central core stability and posture.

Pilates focuses on exercises to improve spinal mobility, flexibility, body awareness and postural awareness.

Your Clinical Pilates session may include an assessment of your posture and movement, a discussion of your goals and needs, and exercises that you can do at home.

Like any exercise programme it needs to be practised regularly to see results. We recommend 4-6 sessions to achieve this and to check technique.



The Pilates Instructor can provide onward referral to our in-house team for:

- Physiotherapy
- Sports medicine consultant opinion for:
 - Ultrasound guided injection
 - Diagnostic ultrasound (on site)
 - X-ray/MRI scan (external)
- Sports massage
- Podiatry

The Pilates Instructor can also liaise with your GP.

Diagnostic Ultrasound

A real time ultrasound scan of the stomach muscles can show the muscle contracting and help you understand if you are using them correctly.

Your first consultation

In the 45 minute consultation we take a detailed history and discuss with you your needs. From this we will produce an exercise plan specifically tailored to your individual requirements.

Sportswise

excellence in Sports Medicine

Our Pilates Instructors are Chartered Physiotherapists with postgraduate qualifications in Pilates and are registered with the Chartered Society of Physiotherapy and the Health and Care Professions Council.



This means they have recognised qualifications, professional liability insurance and are governed by a professional code of conduct.

Charges

1-1 Pilates Consultation	£45	
2-1 Pilates Consultation	£50	(£25 each)

(You will need an individual assessment appointment with the Pilates Instructor before booking a 2-1 Session)

What to wear

Please wear suitable loose clothing to exercise in. For the initial assessment the Pilates Instructor may need to examine the area of the body concerned but may also need to examine any other areas of pain.

To find out more about the clinic as a whole, as well as information on specific treatments and profiles of all our practitioners, please visit our website

www.sportswise.org.uk



Contact us:

For advice or an appointment
please telephone 01323 745970
or email reception@sportswise.org

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Clinical Pilates



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