

What is Physio-pilates?

Utilization of Pilates methods applied to therapeutic exercises to achieve physiotherapy goals.

The program begins with an initial assessment by a registered physiotherapist to diagnose painful conditions, postural faults, muscle imbalances, and faulty movement patterns. The physiotherapist will discuss the findings with the patient, recommend physiotherapy treatment as appropriate, and prescribe an individualized pilates-based therapeutic exercise program to treat the problems. The patient is then assigned to a certified pilates instructor who will implement the prescribed exercise program on a one-to-one basis using Pilates principles and equipment.

The physiotherapist will reassess regularly to ensure goals are being met and to progress the therapeutic exercise program.

Physiotherapy treatment will be provided as needed to facilitate the therapeutic exercise program and promote patient recovery. Treatment may include acupuncture, manual therapy (mobilization, manipulation, myofascial release), postural taping, and use of EMS (electromuscular stimulation).