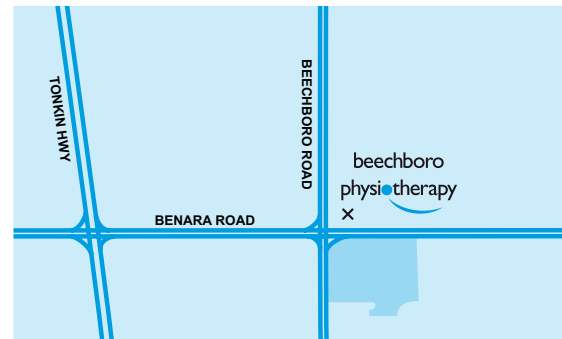




back and neck  
care  
massage  
sports injury  
management  
hydrotherapy  
pilates  
women's health  
exercise  
rehabilitation  
back and neck  
care  
massage  
sports injury  
management  
hydrotherapy  
pilates  
women's health  
exercise  
rehabilitation  
back and neck  
care  
massage  
sports injury  
management  
hydrotherapy  
pilates  
women's health  
exercise  
rehabilitation  
back and neck

## Appointment Times

Monday-Friday	Saturday
7am to 7pm	8:30 to 12pm



your next appointment



**beechboro**  
**physiotherapy**

Unit 2b / 289 Benara Road,  
Cnr Beechboro Road  
Morley WA 6062

Phone: (08) 9377 2522  
Fax: (08) 9379 3755

Email: [mail@beechborophysiotherapy.com.au](mailto:mail@beechborophysiotherapy.com.au)  
Web: [www.beechborophysiotherapy.com.au](http://www.beechborophysiotherapy.com.au)

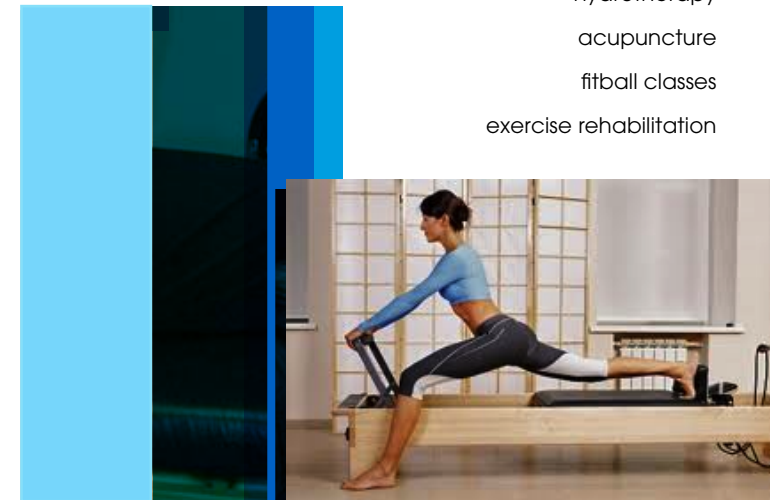
 Member of the Active Physiotherapy Group



**beechboro**  
**physiotherapy**

**pilates**

back and neck care  
massage  
sports injury management  
hydrotherapy  
acupuncture  
fitball classes  
exercise rehabilitation



Unit 2b / 289 Benara Road,  
Cnr Beechboro Road  
Morley WA 6062  
Phone: (08) 9377 2522

## pilates

The Pilates method of exercise offers a focused, well controlled physical programme for the whole body. Pilates aims to improve strength, flexibility, posture and co-ordination. Emphasis is placed on learning to move in an efficient and controlled manner. Pilates is beneficial in the management of many different injuries.



## spinal stability muscles

The key muscles used in pilates are your deep abdominals, pelvic floor and spinal stability muscles, which dynamically support your body through movement. Pilates exercises are designed to progressively challenge these muscles at different levels of ability. Your body will adapt to this challenge and grow stronger.

## pilates for injuries

Pilates not only addresses injuries to the lower back but is used in the rehab of the neck, shoulder, pelvis, hip, knee and ankle. Pilates can also prevent an injury occurring, improve athletic performance and improve posture.

	Mon	Tues	Wed	Thurs	Fri	Sat
6am			studio			
7am			studio			
8am			studio			studio
9am						studio
10am				mat	studio	studio
11am				studio		studio
12pm				studio		
1pm				studio		
2pm						
3pm	studio		studio			
4pm	studio		studio			
5pm	studio	studio	studio			
6pm	mat	studio	mat	st/mat		
7pm	mat		studio	studio		



## assessment

Our Physiotherapists have extensive postgraduate training in Pilates and biomechanical assessment. Your assessment will incorporate the use of Real Time Ultrasound to give a clear picture of your core stability muscle function, and clear goals for your Pilates programme.

## studio pilates

Studio Pilates is run in small groups of 3 (maximum) involving specific supervised exercises. The exercises prescribed target the specific needs of the individual based on the initial assessment findings and the current function of the client. Technique is constantly checked and corrected where necessary to achieve maximal benefit. Equipment used includes Pilates reformer, foam rollers, fitballs, resistance bands and balance mats. One on one Pilates sessions are also available for those with relatively acute injuries or multiple areas of injury.



## pilates mat classes

Pilates mat classes are very beneficial for those without significant injury who want to improve core strength and flexibility. Classes are run with a maximum of 12 participants. Floor based Pilates exercises are performed incorporating the use of light weights, foam rollers and resistance bands.



Our Studio Pilates, one on one Pilates and Pilates mat classes are run by our highly trained Physiotherapists. This means you may receive a rebate from your private health insurance for the cost of your class.

## pilates related products

We have an extensive array of products including fitballs, and resistance bands to complement your programme. Our staff are trained to understand and recommend the best product for your programme.