

Giving you an
ACTIVE choice



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Postural Awareness & Core Stability Program (PACS) at Lansdowne Physiotherapy

**Our PACS Program consists
of three stages:**

Stage 1 – Assessment

Assessment of your core muscle function, posture and any other significant muscle imbalances.

Stage 2 – Mind-body-reconnection of core muscles

Re-education of your core muscle function. On average, three standard treatments are required to activate core muscle function. You will be taught to isolate your core muscles whilst maintaining an effective breathing pattern. You will then transfer this skill into a progression of mat and sitting exercises. This sounds easy, but requires coordination and awareness. These appointments are usually weekly to give you time to practice between sessions.

If other significant musculo-skeletal problems are discovered during your assessment, these may need to be addressed separately, outside of your PACS program. However, often your individualised PACS program can help address other musculo-skeletal problems at the same time.

Stage 3 – Integration of core muscles with Clinical Pilates and functional postures

You are now ready to start your personal 6 week PACS program. This program includes one supervised session per week with the physiotherapist and 2-3 unsupervised sessions per week using our Pilates and gym equipment.

For stages 1 and 2, all sessions are claimable from your private health insurance, (as long as you are covered for physiotherapy).

We prefer upfront payment for all of Stage 3. Arrangements to pay weekly can be made, but there will be an additional cost for this. You will receive a statement of attendance at the end of the 6-week program.

If you would like more information on this or any other Lansdowne Physio service, please phone us on (03) 6234 9943.

Offering you a WIDER choice

- Back Pain
- Neck Pain
- Clinical Pilates
- Alexander Technique
- Aquatic Physiotherapy
- Postural Re-education
- Sports Injuries
- McKenzie Technique
- Continence and Pelvic Floor

