



Giving you an ACTIVE choice



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Clinical Pilates at Lansdowne Physiotherapy

What is Clinical Pilates?

Clinical Pilates has evolved from the original Pilates technique. It is delivered on a one to one basis by a qualified physiotherapist with post graduate training in Pilates. Clinical Pilates emphasises accurate diagnosis and treatment of pain and injury, as well as optimal postural alignment and movement patterns.

Lower back pain inhibits the proper control of the deep, stabilising muscles. This can leave your back vulnerable to recurrent injury. Learning how to regain control of these muscles is proving to be far more effective than just strengthening.

Focus on precision retraining of the deep abdominal, pelvic floor and lumbar muscles has been found to be vital in:

- stabilising the spine
- preventing and rehabilitating lower back, middle back and neck pain
- improving posture.

Research encourages exercise that is very specific to each person.

Clinical Pilates introduces functional positions and efficient movement patterns to ensure that your deep stabilising system is engaged during work, sport and other activities.

The benefits of Clinical Pilates

- Increased injury protection
- Safer injury management
- Improved posture and flexibility
- Improved body tone
- Improved body awareness and control
- Improved sporting performance
- Improved balance and coordination

Your Lansdowne Physiotherapists have the training and experience to assess your core muscle function.

We'd be delighted to talk with you about how you could benefit from your own Clinical Pilates program.

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

