

# Lansdowne Physio's Postural Awareness & Core Stability Program



## PACS for Life!

Understand and build on your body's natural postural support and open your world to increased awareness, easier movement, less pain and strain, improved strength, balance and flexibility.

Whether you're a weekend gardener or an elite athlete, our PACS program is for you.



## 6 week Beginner's Course

Start with a 6-week course and continue with a maintenance program that suits you. Take the knowledge you gain, use it everywhere and build on it.



## Holistic Physiotherapy

Our PACS program developed from our vision to provide a holistic integration of clinical Physiotherapy skills with new knowledge in back care and postural studies. We are always upgrading our expertise and understanding of Physiotherapy, back care and Clinical Pilates and we work hard to integrate these skills to provide high quality, expert treatment to clients of all ages.



## Fit For You

At Lansdowne Physio you get to work with experienced physiotherapists who are trained to understand your body, to know what exercises are best for you and what movements you should avoid. Where necessary, we use real-time ultrasound to help you visualise your muscles as you are using them, so you can get the right ones working faster. We will work with you to design your own program of studio and/or home exercises to practice in our fully equipped Clinical Pilates Studio and, when it suits, at home.

Our Studio provides a friendly and supportive environment for you to learn and refine your new skills.