

QUALITY OF LIFE PHYSIOTHERAPY UPDATE



(08) 9345 0842

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Clinical Pilates

What is Clinical Pilates?

Clinical Pilates is a form of physical exercise that focuses on posture, core stability, balance, control, strength, flexibility, and breathing. Different to regular Pilates, Clinical Pilates uses carefully selected exercises to rehabilitate key dysfunctional areas that each individual may have. Each individual Clinical Pilates exercise program aims to improve functional movement and reduce pain.

Clinical Pilates for all ages will benefit:

- Pre- and post-natal women
- Women's health related problems
- People with neck or back pain
- Sufferers of fibromyalgia and chronic fatigue
- Hip, groin, shoulder injuries
- Poor posture
- Hip and knee osteoarthritis
- Neurological rehabilitation
- People with joint hypermobility syndrome
- Surgical rehabilitation



Evidenced based research into the benefits of utilising Clinical Pilates for neck/back pain, injury and re-injury risk reduction, balance and postural control, and women's' health related issues continues to grow and develop. Utilisation of Clinical Pilates may be beneficial in the improvement of the individual's Quality of Life.

Why QOL Clinical Pilates?

Our sessions incorporate use of the Reformer, Trapeze, mat work and wunda chair. Clinical Pilates that are conducted by a Physiotherapist entitles patients to claim a health rebate for their sessions and so patients can benefit from using HICAPS.

After the patient's initial consultation and an individualised Clinical Pilates rehabilitation program will be provided to meet our patient's goals. We offer a choice of private sessions and classes, however our Clinical Pilates classes will only have a maximum of 3 people so that our Physiotherapist can facilitate correct muscular activation.

We recommend at least one session per week, as well as regular self-directed exercise in the subsequent days in order to maximise gains in strength, balance, flexibility and stability.

If you would like to join Clinical Pilates, please contact us on 9345 0842

Quality Of Life Physiotherapy
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Services Offered:

- Physiotherapy
- Back and neck care
- Sports injury management
- Orthopaedic rehabilitation
- Exercise rehabilitation
- Acupuncture
- Ergonomic assessments
- Manual handling training
- Pilates mat classes
- Living Longer Living Stronger
- Massage



QOL Physiotherapy provides an Over 50's exercise classes called **Get-up and Go**.

What is **Get-up and Go**?

Get-up and Go goals are falls prevention, reducing osteoarthritis and bone density erosion, managing cardiovascular health, and preventing cognitive decline and depression. It also plays a vital role with restoring social activity to isolated Seniors, and reconnecting them with their communities.

What are the costs to the patient?

Each participant will require a GP Referral and need a QOL Physiotherapy Initial Assessment in order to identify any impairments, and to ensure *Get-up and Go* is appropriate for each participant.

Get-up and Go costs **\$12 per 1 hour class**, which are run by a physiotherapist.

We recommend at least two classes per week. Classes are Monday, Wednesday and Friday mornings, and Tuesday and Thursday afternoons.

What are the benefits?

- Pain management
- Maintains independence with daily tasks and leisure activities
- Improves posture, balance, coordination and flexibility
- Improves confidence, self-esteem and quality of life
- Prevention and management of chronic conditions
- Weight management

Who would benefit?

Get-up and Go is eligible for anyone in the over 50's age group. *Get-up and Go* is key in the promotion of independent and healthy lifestyle. More specifically, patients with the following conditions would benefit:

- Osteoporosis
- Arthritic conditions
- Obesity
- Diabetes
- Falls
- Cardiovascular Disease
- Depression
- General deconditioning

If you would like to join the *Get-up and Go* program, please contact us on 9345 0842

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