

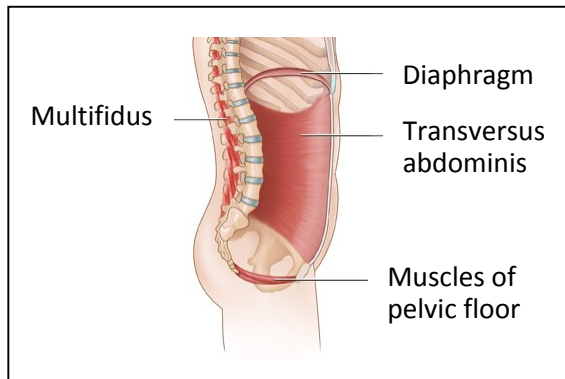
why choose clinical pilates?

Clinical Pilates

(pilates with a physiotherapist) is intelligent exercise.

It requires that you use focused attention on the exercise to develop movement awareness and learn to understand your body better.

Clinical Pilates helps you identify and change faulty movement patterns which create pain therefore creating long term functional benefits.



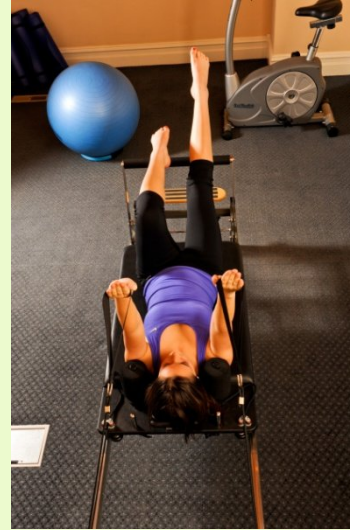
Back pain

Research has found that even one incident of lower back pain may damage or inhibit the body's natural ability to stabilize the spine during movement.

The muscles which create this stability (see picture above) may not begin working effectively again, even if the back pain subsides, and even with regular exercise. This lack of stability may leave you at risk of hurting your back again, and may explain why some people have ongoing episodes of lower back pain.

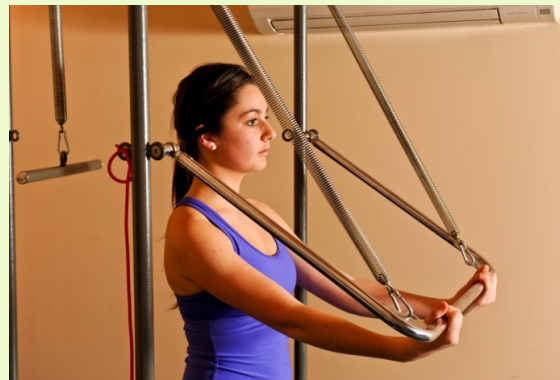
At **Fusion** your physiotherapist will carry out a thorough assessment to determine if your stability muscles are working to effectively stabilise your spine during movement.

They will also assess your movement patterns to ensure any faulty patterns are corrected with specific exercises.



Shoulder problems

Many neck and shoulder problems are caused by poor coordination and control of the muscles surrounding the shoulder blades. Conditions such as impingement, bursitis, rotator cuff pathology and shoulder surgery can be treated and prevented with correction of faulty movement patterns and muscle imbalances.



Pilates program options

There are several ways to develop your core stability using the pilates approach depending on your needs.



Floor based matwork classes



Studio Equipment sessions

Studio equipment

Our sophisticated equipment is fun, easy to use and very effective at teaching your core muscles to switch on automatically.

The workout is slow, controlled and low impact, to deliver a gentle yet powerful improvement in movement patterns and mind-body connection.



fusion allied health provides the avenue for premium like-minded health professionals to operate a quality multi-disciplinary service.

DISCIPLINES

- Physiotherapy
- Podiatry
- Remedial Massage
- Exercise Physiology
- Aquatic Physiotherapy
- Diabetes Education
- Occupational Therapy

SERVICES

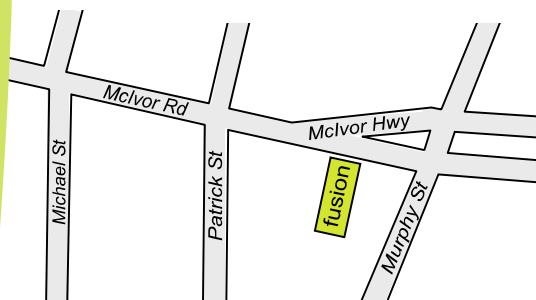
- Pilates
- Falls & Balance
- Rehab Gym
- Home Visits
- Hydrotherapy
- Ai Chi Meditation
- Work Conditioning
- Strength Training
- Education
- Personal Training
- Back Care

fusion represents the blend of traditional health concepts with modern advances in technique and approaches.

APPOINTMENTS

To make an appointment for any of our services please call our reception staff between 9.00-5.00 Monday-Friday.

Appointments outside normal working hours are available.



86 Mclvor Rd BENDIGO

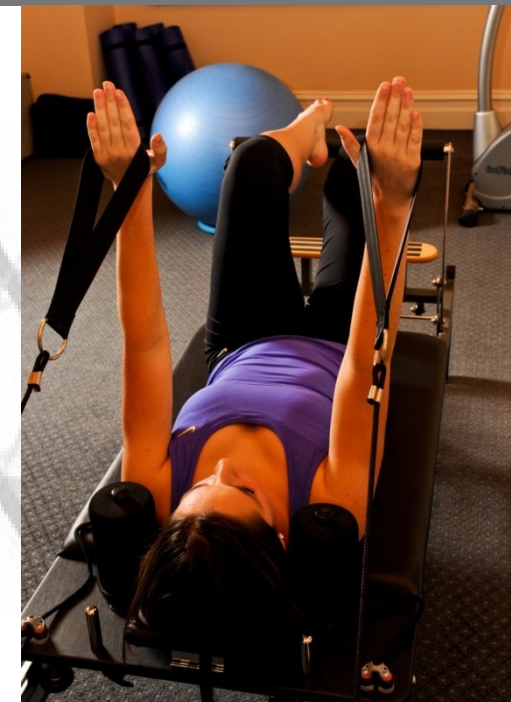
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Clinical Pilates @ **fusion**



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