

## An individualised approach utilising the best Pilates facility available

Brighton Spinal Group includes a dedicated, state-of-the-art Clinical Pilates studio to provide the best multidisciplinary care and management for people with spinal pain and associated conditions.

Supervised by qualified Physiotherapists and Osteopaths, this facility provides the required environment and equipment to ensure individualised Pilates exercises can be successfully tailored to your needs.



## BSG Clinical Pilates Hours

Monday to Thursday	8.00am - 7.00pm
Friday	8.00am - 5.00pm
Saturday	8.00am - 1.00pm

## Fees and payment

Payment is required at completion of the consultation. Cash, cheque, credit card, EFTPOS and Hicaps\* facilities are available.

Brighton Spinal Group is a recognised provider for Workcover, TAC, Veteran Affairs and Enhanced Primary Care Plans. Please inform administration at time of booking and provide full details of your claim for account processing.

\* For those able to claim private physiotherapy and osteopathy rebates.

## How to get there

Parking is available at the front of the clinic. A free 2-hour car park is located in Asling St, opposite the railway car park. **Public transport:** 500m from North Brighton Railway Station. Bus Route 600.



Pilates: 215 Bay St, Brighton, 3186 Ph: 9596 8233  
Clinic: 441 Bay St, Brighton, 3186 Ph: 9596 7211  
Email: [pilates@brightonspinal.com.au](mailto:pilates@brightonspinal.com.au)  
Web: [www.brightonspinal.com.au](http://www.brightonspinal.com.au)

## Clinical Pilates

## What is Pilates?

The Pilates method is a series of controlled movements with a strong mind/body focus. Pilates has a strong awareness of strengthening core stabilising muscles, and increasing flexibility to create a more balanced body.

## What is *clinical* Pilates?

Clinical Pilates differs from general Pilates in that it is fully supervised by qualified Physiotherapists and Osteopaths who have undertaken further postgraduate training in Pilates.

The therapist will firstly provide a detailed assessment to understand a patient's pathology, which is followed by a co-ordinated management plan to ensure Pilates exercises are completed correctly and supervised at all times.

At BSG Clinical Pilates, we offer a range of rehabilitation and conditioning programs specifically for:

- Chronic back pain
- Sport injury prevention /rehabilitation
- Body conditioning /toning
- Osteoporosis
- Women's health
- Pre and post natal



## Benefits of BSG Clinical Pilates

Brighton Spinal Group Clinical Pilates has an emphasis on fitness and well-being for people of all ages. Experience an exercise program that engages and challenges you, leaving you with a feeling of physical and mental well-being.

- Develops muscle strength and core stability
- Improves co-ordination, balance and posture
- Provides a low-impact workout without building bulk
- Supervised by physiotherapists and osteopaths
- Supported by Brighton Spinal Group's team of specialists

## Training options

We provide individual, small group and mat classes. We initially recommend some one-on-one sessions to ensure you learn the correct techniques. Once you are able to master your program then progression to small group classes will still provide close monitoring of your technique. The small groups ensure your individual needs are met and new and challenging programs are developed. The mat classes are an economical and fun way to achieve your own fitness goals.

