

# Exercise Therapy

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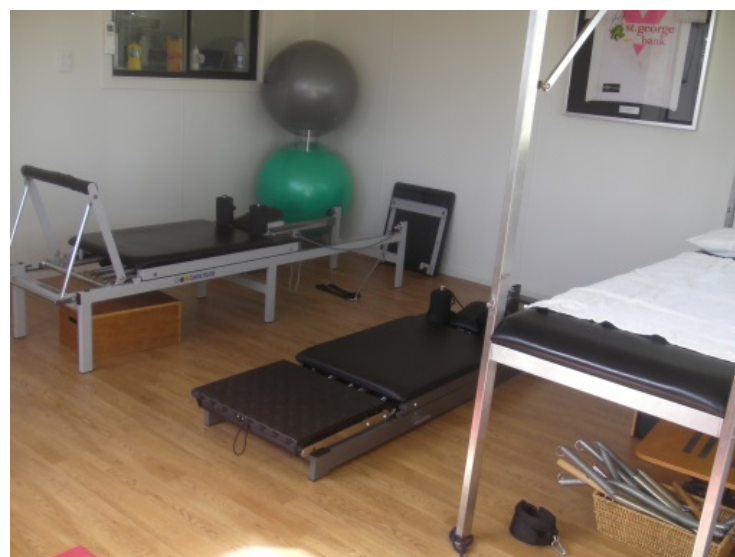
## Pilates Gym at Concord Sport & Spine

We have been providing Clinical Pilates at our practice since 2002. Up to now, this has been conducted one-to-one between therapist and patient. However we have now added a modern Pilates gym, in addition to our state-of-the-art rehab gym. We will be conducting classes with up to four participants per session. The Pilates gym includes

Reformers,

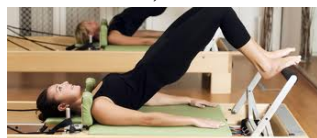
Trapeze Table, floor mats & Swiss balls. The classes will be run by

Betty Frilingos, who has over 13 years of experience as a Pilates instructor and strength & conditioning trainer. Betty will work closely with Paul & Tim to ensure exercises are optimal for all our clients.



patients. However participants are welcome to join our classes even if they are not suffering from an injury.

'Clinical' Pilates incorporates the techniques & philosophies of traditional Pilates into the management of physical injuries & muscle imbalances. Each person attending will be individually assessed, to ensure that the exercises will be appropriate & prescribed at a suitable level. This method is useful for anyone who is recovering from an injury, who wants a stronger 'core', postural correction, or who requires control of muscle imbalances. At our practice, we integrate Clinical Pilates into the treatment of many of our



History of Pilates: Josef Pilates was born in Germany in 1880, and moved to England in 1912. He had a background in gymnastics, skiing, boxing & circus performance, and was a keen student of anatomy, as well as health and fitness methods.



Being a German national, he was incarcerated on the Isle of Man during WWI. It was here that Clinical Pilates first emerged. Josef helped injured German prisoners to exercise themselves back to health. He used springs for resistance training, and developed methods the patients could adopt lying down. This allowed them to maintain and improve their core

strength, and to avoid the severe muscle atrophy & body de-conditioning inherent with long-term bed-rest.

After the war, Pilates continued to develop his methods.

He emigrated to the US in 1926, where he opened a physical fitness studio. It was here that he started working with elite dancers, and before



long his methods were warmly embraced by the dance industry. In the top ballet schools around the world, 'Pilates' has become an integral part of the overall conditioning programme. In the past 20 years, it has re-emerged in the fitness and health industries. Expert health professionals, particularly physiotherapists, have further refined Josef Pilates' original techniques, and made them applicable to injury rehabilitation.

There are many different explanations for what the Pilates approach entails. In a nutshell, it involves teaching the body to have efficient muscular control, while adopting healthy postures, through many



different body positions and activities. It is a way of training effective 'core-control' for our sporting pursuits and the activities of our daily lives.



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Information for patients is at:  
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