

pilates

If Joseph Pilates was alive today, he would be thrilled to learn that any body at any stage of life can enjoy the benefits of this unique form of exercise...

That's why at The Sports Injury Clinic, Pilates fits perfectly into our philosophy and your individual needs – no matter who you are! Even for men who love their sport or have physical jobs – Pilates develops strength and stability that can help you work stronger, train better and perform at your peak!

Pilates is a safe low impact form of exercise that teaches you to correct and maintain good posture or, as it's called in Pilates, "core stability". Whatever your age or whatever you do, good posture is vital in day to day living and central to safe effective movement. Sitting, standing, at work or at play, if you have a strong "centre" or "core stability" you will improve flexibility, strength, balance and co-ordination.

Our fully qualified instructors will guide you through a personalised program to help you achieve your individual goals. Using a combination of specially designed spring loaded equipment and traditional mat work in a modern state of the art Pilates studio.

Mature and Mobile

It's no secret that as we get older, stiffness and loss of mobility & balance affects our everyday activities and stops us doing the things we enjoy. Because Pilates is a low impact, gentle form of exercise you can develop strength and confidence without the possibility of injury.

Pregnant Posture

Changing body shape is one of the biggest challenges an expectant mother faces. Staying fit and healthy is also a challenge and one that can be difficult to achieve, especially when high impact exercises are out of the question! That's why Pilates is perfect for pregnant women. Gentle and safe, Pilates strengthens the pelvic floor and lower back muscles, giving mothers the confidence to stay strong and active throughout and beyond their pregnancy.

Starting Out or Coming Back

Because Pilates is gentle and low impact, it's the ideal way to start or ease back into exercise, particularly after illness or surgery. Conditions like arthritis, scoliosis, and back pain are some of the conditions that can benefit from Pilates. The focus on strength and good posture is the perfect springboard to develop and maintain fitness, at any level, for life.

Performance and Pilates

If you play sport at any level, your individual Pilates program can be designed to improve your performance by targeting specific muscles and movement patterns. Men who are active or work in physically demanding jobs find Pilates particularly beneficial.

Pilates - Naturally

You'll find that over time Pilates will ensure that good posture comes naturally. It will help you feel stronger, more flexible and more confident – for life!



Life Support for Every Body

