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| Pilates Exercise with Fitball **Fees & Charges** Initial Assessment (30min) $81.00  Subsequent assessment (30min) $76.00  Physio Pilates Session (60min) $52.00  *Private health rebates may apply under Physiotherapy and/or Pilates cover.* Cancellation Policy We require a minimum of 8 hours’ notice to cancel or reschedule a Pilates session. If less than 8 hours is given you will be charged a $25.00 cancellation fee. If you fail to attend a session with no prior notice the full fee of $52.00 will be charged. |  |  | |  | | --- | | **Session Times**  **Monday**  7am Jessica  9am Jenna  3pm Ilena  4pm Ilena  5pm Ilena  6pm Ilena  **Tuesday**  9am Ilena  11am Jenna  3pm Jenna  4pm Jenna  5pm Jenna  6pm Jenna  **Wednesday**  7am Jessica  8am Jessica  9am Jenna  10am Emma  3pm Ilena  4pm Ilena  5pm Ilena  6pm Ilena  **Thursday**  9am Ilena  12pm Ilena  3pm Jenna  4pm Jenna  5pm Jenna  6pm Jenna  **Friday**  7am Jessica  8am Jessica  9am Jenna  10am Ilena  **Saturday**  8am Rotation between physiotherapists  9am Rotation between physiotherapists  10am Rotation between physiotherapists  11am Rotation between physiotherapists     Contact Us Phone: 08 9351 8737 Email: admin@canningtonphysio.com Web: ww.canningtonphysio.com.au | |  |  | |  | |  | |  |  | |  | | --- | | W:\Cannington-Airport  Logos Letterheads\Cannington Logo white b-ground 54kb.jpgImage result for pilates mat strength exercises  PHYSIO PILATES | | **Phone:** 08 9351 8737 **Email:** [admin@canningtonphysio.com.au](mailto:admin@canningtonphysio.com.au) **Website:** www.canningtonphysio.com.au | |  | |  | |
| Physio Pilates is an integrated approach to exercise that encourages correct body posture, mobility, strength and movement patterns. At Cannington Physiotherapy we use Physio Pilates as a form of rehabilitation, improving incorrect movement patterns and muscle recruitment, which can be a common cause of pain. Physio Pilates is also useful for technique modification and sports conditioning.  Key Features and Benefits of Physio Pilates   * Individualized assessment, programs and instruction. This ensures each patient’s goals are being met & that all exercises are being performed safely & correctly. * 1 hour session with a maximum of 4 clients per physiotherapist * Whole body conditioning whilst accommodating and rehabilitating injuries * Improved body awareness, posture and movement patterns * Lowered stress levels, boosted immune system and mood * Overall improved muscle tone, including abdomen, buttocks, arms and thighs * Improved performance and technique in sporting and recreational pursuits, as well as injury prevention * Improved functional strength and flexibility to help with daily activities |  |  | Why Cannington Physiotherapy? All of our Pilates sessions are run by an experienced physiotherapist who has completed specific Physio Pilates training. Assessment times are available 7am-7pm during the week and we have times available on Saturdays. Why do I need an Initial Assessment? Physio Pilates sessions are designed to provide clients with specific exercise programs targeted to their individual needs. It is important that the physiotherapists can assess your body and determine your individual needs, goals and areas to focus on. If you have a current or existing injury or require specific rehabilitation, it is necessary to design a program which takes these injuries into consideration. You will be introduced to the Pilates methods, gym/Pilates equipment & learn some basic exercises. You will also get a chance to go through a home exercise program if required.  Image result for hamstring stretch with band  *Hamstring stretch with theraband* |  |  | Pilates Stretching Exercise on the reformer  **What do I need to bring?**   * Please wear comfortable and flexible clothing to your assessment and all sessions. * Bring a clean pair of socks & a towel for hygiene purposes. * Keep hydrated with a bottle of water.  How can I get started?  * Speak to one of our friendly receptionists about booking in for your initial assessment with one of our Pilates physiotherapists. * Your comprehensive assessment will be conducted over two 30 minute sessions. * W:\Cannington-Airport  Logos Letterheads\Cannington Logo white b-ground 54kb.jpgA doctors referral is only required for workers compensation or motor vehicle accident claims.   Phone: 9351 8737 Fax: 9350 5908 Email: [**admin@canningtonphysio.com.au**](mailto:admin@canningtonphysio.com.au) |