



“Change happens
through movement
and movement heals”

JOSEPH PILATES
FOUNDER OF THE PILATES
METHOD



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*Our physiotherapists are qualified
and trained to utilise Clinical Pilates
methods*



Pilates for Rehabilitation

Following an injury, the body creates alternate movement patterns and compensatory strategies to assist in protecting itself and offloading painful or weak areas.

Clinical Pilates targets these imbalances and mobilises neural patterns, enhances strength and stability to alleviate pain and allow the body to heal.

It is a safe and effective form of exercises for chronic pain conditions, and rehabilitation following surgery.



Pilates for Pregnancy

Clinical Pilates is safe throughout all stages of the Pre and Post Natal period to assist women in keeping their mind and body healthy through pregnancy, birth and beyond. Training of the pelvic floor and deep abdominal muscles, and pelvic stability can minimise pain, prepare women for childbirth, and enhance early recovery.

**A medical clearance from your GP or obstetrician may be required prior to commencing Reformer Pilates in pregnancy.*

Pilates for Wellbeing and Strength

Clinical Pilates will improve your core stability, muscular strength, flexibility and coordination to achieve harmony and balance between both sides of the body.

Through an emphasis on breathing patterns and slow, smooth and repetitive movements, develop mind-body awareness to allow you to move with fluidity.

Suitable from ages 8 - 80



SERVICES	PRICE
Initial Consult	\$96.00
Standard Consult	\$80.00
Supervised Pilates Consult	\$80.00
Pilates:	
- Individual session (unsupervised)	\$30.00
- 12 sessions (unsupervised)	\$300.00
Memberships:	
- 3 months	\$400.00
- 6 months	\$700.00

**Pilates with a Physiotherapist are GST exempt.
Private health with EXTRAS & compensable bodies covered.*

**An initial consult with a physiotherapist for assessment and instructions is required prior to commencing individual sessions.*



**"In ten sessions you will
feel the difference,**

**in twenty you will
see the difference,**

**and in thirty you will have a
whole new body"**

Joseph H Pilates

