



Clinical Pilates and Back Pain

Back pain is a common problem for many people – up to 80% of the population will experience some pain in their lower back (lumbar region) or mid back (thoracic region) during their lifetime. Clinical Pilates is a form of physiotherapy treatment which draws on research linking low back pain with poor control and endurance of the trunk muscles. It also utilises some of the latest physiotherapy and medical studies regarding directional preference (movement in a direction which improves the problem). We use a range of specific equipment including the reformer, trapeze table, barrel, wobble board, theratube and fitball.

Acute or chronic back pain

Clinical Pilates can help people with back pain which has come on recently or which has lasted weeks, months or years. If the onset of your back pain is quite recent then we suggest a physiotherapy appointment first in order to fully assess your problem and rapidly address the pathology. If you are experiencing pain radiating out from your back such as down one leg, we also recommend a comprehensive physiotherapy assessment (and treatment as appropriate) prior to commencing Clinical Pilates. Many people with long term low back pain experience a reduction in their overall function and fitness which can be addressed through Clinical Pilates.

Treatment

During your initial Clinical Pilates assessment, we will discuss your back pain fully including activities that increase or bring on your pain and those that reduce or remove your pain. We will also talk about your general health and medical history, your work and physical activity profile, and establish what you are hoping to achieve from your Clinical Pilates program. A comprehensive individual examination will be conducted which will look at your trunk activation and movement control as well as your response to spinal movements. From this assessment which will last up to one hour we will establish your back's directional preference (where present) along with any lateral imbalance (such as poorer muscle control on one side). Your Clinical Pilates program will initially focus on improving your control in your direction of preference and addressing any lateral imbalance. The structure and style of your Clinical Pilates program will depend on your individual needs and goals. We will work with you to assemble a suitable program including home exercises and to ensure you are safe and performing the exercises appropriately. This process often takes about six one to one sessions, after which you may participate in a supervised small group setting, providing the opportunity for our Clinical Pilates physiotherapist to progress your program as required. We also stock products to facilitate your clinic and home pilates programs such as non-slip socks, fitballs, magic circles, and theratube.

We employ professional, experienced, and highly qualified physiotherapists and we offer a range of services and products to meet the needs of our community. Open 6 days a week for your convenience in the heart of Mt Beauty. Home and hospital visits by arrangement.

**To find out more make an appointment by visiting our clinic at
5a Hollonds St, Mt Beauty 3699 or call us on 03 5754 1270.**