

## Moving You Through Life

### PATHWAY

1 session

**INITIAL ASSESSMENT** by  
Physiotherapist



Initial consultation provides a thorough musculo-skeletal assessment & screening. This will determine relevant aspects of your individual physical condition. Education and Goal-setting is important to assist with achieving your physical expectations.

4-5 Individual consultations  
(3-5 weeks)

**INDIVIDUAL EXERCISE PROGRAM  
DEVELOPMENT AND TRAINING**



One-on-One Skill training with the physiotherapist to develop, monitor and progress an evidence-based exercise Clinical Pilates program to start moving you through life!

10 sessions  
(5-10 weeks)

**SUPERVISED SMALL GROUP  
EXERCISE SESSIONS**  
(limited to 5 participants)

-Supervised Clinical Pilates for Individual Programs  
-Supervised Group Circuit Class for specific conditions



Postural, core stability, flexibility and dynamic skill exercises are performed under expert supervision for technique correction and consolidation. Equipment used will include any of: Reformer Bed, Trapeze Table, Pilates Barrel, Box, Fitball, Balance board, Jump Board, Mat and Tubing. Supervised Matwork sessions will assist with accurate application and progression for your Home Program

1 consultation

**REVIEW CONSULTATION**



Re-assessment of your physical condition and exercise goals

Ongoing (twice weekly + home programme)

**INDEPENDENT CLINICAL PILATES  
EXERCISE WORKOUT**

Ongoing practice and resistance progression is required to improve stability / strength / flexibility. This guarantees you long lasting benefits to keep moving you through life!

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## CLINICAL PILATES Studio 20 PROGRAMS ***Moving You Through Life***

### **CLINICAL PILATES PATHWAY PACKAGES**-Individual / Group / Independent Progression Pathways

- + PREVENT PAIN CLINICAL PILATES-** For Return to Normal Activity
- + PEAK PERFORMER CLINICAL PILATES -** For Enhanced Sports Performance
- + MUMS ON THE MOVE CLINICAL PILATES-** For Getting back into shape
- + MOVE TO MOBILISE CLINICAL PILATES-** For the Active Senior

### **SMALL SUPERVISED EXERCISE GROUPS-Circuit Classes** (8 per group, Physiotherapist- supervised)

- + STRENGTH & BALANCE -** Falls Prevention and Bone Health
- + BABY BODIES -** For Pregnancy & New mums
- + GET STRONG TO SKI -** Prepare For Peak Performance this Ski Season
- + CORE CYCLE CONTROL-** Prepare For Peak Performance this Cycle / Triathlon Season
- + SWIM STRONG-** Prepare For Peak Performance this Swim Season

**BOOKINGS ARE ESSENTIAL FOR ALL PATHWAY PACKAGES AND CIRCUIT CLASSES**