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Clinical Pilates versus general Pilates...what's the difference?

Dear Valued Client

A topic that keeps coming up around the practice is that of the difference between 'Clinical Pilates' and 'general Pilates'. As you probably know, we have a Clinical Pilates studio attached to the Physiotherapy clinic. **You don't have to be injured to participate in Clinical Pilates as it caters for all skill-levels.** We have a large number of clients who continue with our Pilates for maintenance and because they enjoy it so much. So, what is the difference and who cares?

- 1) Clinical Pilates is run by University-qualified and highly-experienced Physiotherapists
- 2) An initial assessment is conducted using Real Time Ultrasound to assess your 'core' muscles and this is reassessed at the end of the term with a report given to you by your Physio
- 3) Individualisation of the exercises ensures you are working at the right level for you
- 4) Clinical Pilates has been, and continues to be, assessed using randomised controlled trials to determine what injuries and pathologies it is appropriate for
- 5) Clinical Pilates at SSOP works on a careful progression of exercises from the basics of 'core' control lying on a mat, to high-level Cardio Pilates for our more active clients
- 6) Cost - most people assume that Clinical Pilates is significantly more expensive, but with the private health-fund rebate the cost can be as little as **\$6/week**

The key issue is that Pilates is talked about as a panacea for all that 'irks' the body, when in actual fact, we see a number of people coming through the clinic who have been injured during their general Pilates sessions. There's no doubt that general Pilates with a good instructor is very positive for many people, but for those with an injury history or a current problem, it can often do more harm than good.

If you want to talk to one of our Physiotherapists about our Clinical Pilates programme at Sydney Sports & Orthopaedic Physiotherapy, just reply to this email and Ailish, Geoff, or Chloe will get back to you straight away.

Kindest Regards

Doctor of Physiotherapy
Director



Top Physio Tip

Don't 'sit' on your Low Back Pain!

A recent study from Sweden provides more evidence to suggest that getting back pain treated immediately by your Physiotherapist will help to avoid on-going problems. Two groups underwent physiotherapy for low back pain - one entered the treatment

immediately, while the second group waited for 4 weeks. Both groups improved equally in the short-term, however, the group that waited 4 weeks for Physiotherapy experienced significantly more recurrence of pain and disability.

The moral: get your low back pain assessed and treated straight away to improve your chances of avoiding future problems.

The next 20 people to recommend a friend or colleague, will receive a gift of Blackmore's supplements valued at over \$100*

*** your friend or colleague must book before November 30th and mention that you referred them**



SSOP WELCOMES CHLOE PRIEST TO THE PHYSIOTHERAPY TEAM

We're happy to announce that we've again strengthened the team at SSOP! Chloe Priest has joined us and is available for consultation every day of the week. Chloe has a strong background in musculoskeletal Physiotherapy and a particular specialisation in managing low back and neck pain. She has studied Clinical Pilates to a high-level and incorporates this in the management of many of her patients. For a more extensive bio, please visit Chloe's [Staff Profile](#) page.



CALL NOW TO GET MORE INFORMATION ON OUR CLINICAL PILATES PROGRAMME

With Summer knocking on the door, what better way to build up some fitness and core strength than joining one of our Pilates classes. Particularly if you're currently injured or recently rehabilitated and don't want to go back on the injured list, Clinical Pilates classes offer the opportunity to build you back into your fitness programme. Call us today on 9252 5770 or go to www.ssop.com.au for more information.



CHECK OUT THE SSOP BLOG

Ever wondered what your Physio's thoughts were on a specific topic? Take a look at the up-to-date information and opinions of your Physio on our Blog at www.ssop.com.au/blog.



BLACKMORES RUNNING FESTIVAL A HUGE SUCCESS!

With over 450 runners successfully treated over 5 hours, the Sydney Sports & Orthopaedic Physiotherapy and Blackmores recovery tent was touted as a huge success! The day was extremely warm for September and the times may have been overall a little slower, but the energy in the tent was outstanding and everyone left feeling a bit better for it. We look forward to helping you all out again next year.

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