



# Pilates Equipment

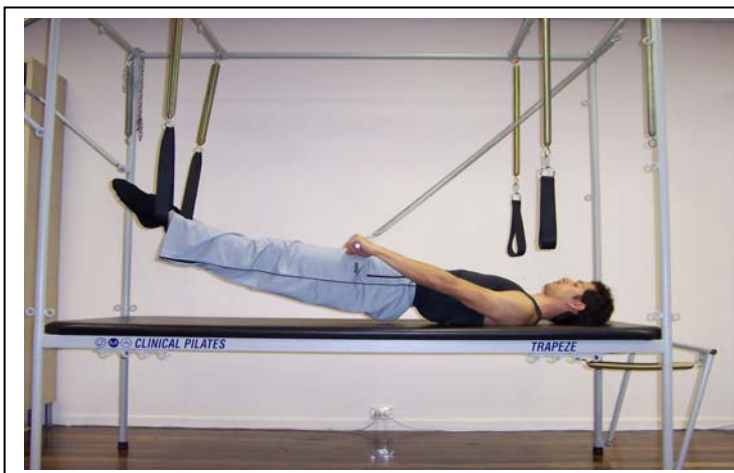
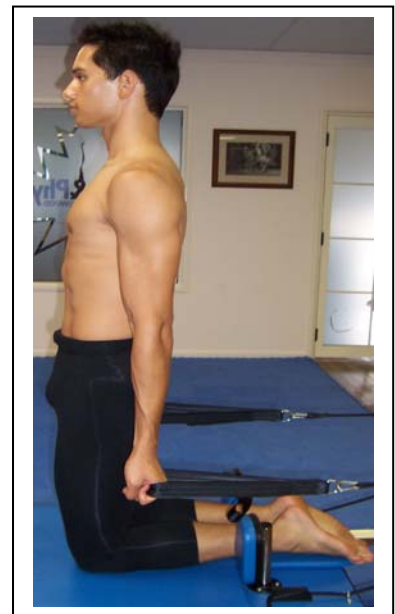
We offer level 1-2-3. Each module is given over two days 9am-5pm.

The aim of this series is to provide a sound understanding of the history, principles, and Pilates exercise regimes which have been used for toning, strengthening, core stability and rehabilitation of injuries for many years by its practitioners. *Core stability* or segmental stabilisation is the principal basis of Pilates which is now known to be essential in back pain rehabilitation.

A thorough understanding of the principles and practice of the Pilates exercises will allow the practitioner to design and implement a successful programme for their clients whether they are a fit population, an aging population, a sporting group of elite athletes looking for an edge in their competition, or a more symptomatic clientele.

These courses are principally aimed at the clinical physiotherapist wishing to gain a more in depth understanding of Pilates and its clinical application to their clientele. Those considering the purchase of Pilates equipment or working in a centre where this is available are most likely to benefit from this course.

Exercise physiologist who may be working in a clinical setting with a Physiotherapy based practice may also attend these courses.



These courses are APA accredited

For all enquiries including course costs and dates call or email our office:

Pilates & Physio on Collingwood  
33 Collingwood St, Albion, QLD 4010

Ph: (07) 3862 2322

Fax: (07) 3862 2332

Email: [info@pilatesoncollingwood.com.au](mailto:info@pilatesoncollingwood.com.au)

Website: [www.pilatesoncollingwood.com.au](http://www.pilatesoncollingwood.com.au)