

What is Pilates?

Pilates promotes the importance of posture, breathing control and efficient body movement. Exercises are devised to improve strength, flexibility and balance. This aims to improve movement patterns which will enhance activities of everyday life.

We have deep and superficial layers of muscles. The deep muscles provide local stability around these areas, whilst the superficial muscles provide the movement. An imbalance in these muscle groups can result in altered movement and pain. The Pilates exercises will work on strengthening the deep stability muscles to correct any abnormal movement patterns.

How will Pilates help me?

The Pilates class aims to:

- Improve your postural awareness
- Increase the strength of your muscles around your back and pelvis (middle zone), but also throughout the rest of your body.
- Correct any abnormal movement patterns
- Teach you exercises that will help you look after your body in the future
- Pilates looks at the way you move and improves body awareness

Where is the Pilates class held?

The class will be held in the physiotherapy department. The class will be held every week for six weeks, and last approximately one hour.

How can I prepare?

- Practice the exercises the physiotherapist has already given to you.
- When attending, please bring some water and a towel. We will provide a mat. Ensure that you do not walk across the mats when using the space and please take care when stepping onto your mat.

What shall I wear?

Wear any comfortable, unrestrictive clothing that you feel happy to exercise in but avoid baggy or loose that limits the physiotherapist ability to watch and advise you. Please do not walk around in socks or barefeet. The class is completed barefoot.

How many other participants are in the class?

There may be up to twelve people in a class at a time. All of our classes are mixed male and female.

Who will teach the class?

The class will be taught by a Pilates trained physiotherapist and there will be a second physiotherapist/rehabilitation assistant who will observe the class and correct your technique as required.

Do I need to attend every class?

It is important that you try to attend every class. As the class becomes progressively more challenging, if you miss a class you may find subsequent classes more difficult.

Not everyone progresses at the same speed. It is important not to try to 'keep up' with the rest of the class. Exercises are practised at different levels. Continue with the level you can control don't let the movement control you.

If for any reason you can't attend a class it is important that you let the department know. If you don't attend and fail to let us know you will be discharged from physiotherapy.

Please ring 01484 905380 or 01484 342434 to cancel.

Do I have to practice at home?

Practicing at home is very important to help you progress. As highlighted above, the pilates classes become more challenging through the six week course.

Questionnaires

To enable us to assess your progress you will be asked to complete questionnaires before and after the Pilates class.

We would also welcome feedback about the class itself so that we can make improvements. At the end of the class a brief questionnaire will be given out asking what you thought about the class.

This questionnaire is voluntary and will remain anonymous.

What happens after the class?

You will take away with you exercises to continue at home, principles & cues to fit into everyday life & a firm concept & awareness to take to other forms of exercise/activities of your choice. You may be reviewed by your physiotherapist or discharged depending on the outcome of the class, a conversation will be had on the last class to agree a plan.

Web Address:

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

QR Code:

Scan the QR code below to take you to our website.



If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary

Telephone: 01484 342434

MSK Physiotherapy Admin Office: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"