

**Question:**

**I work all day at a desk and have started getting aches, stiffness as well as putting on a few kilos - I am limited for time and rarely have a chance to exercise so want a form of exercise that is safe and time efficient. People have talked about Clinical Pilates what is it and can it help me?**

**Answer:**

Our busy lives do take a toll on our bodies and mind. Poor postural habits in prolonged patterns result in overuse and underuse of body parts this can lead to issues.

I feel prevention is always better than cure even though we can help with both.

Exercise is great for us physically and mentally. Pilates is a very old form of exercise . In more recent years internationally recognised research into spinal stability by physiotherapists has been combined with traditional pilates and is known as Clinical Pilates.

Clinical Pilates is a tool used by some Physiotherapists in conjunction with a full assessment. The assessment is to give the therapist an idea of the areas needed to be focused on when creating your individual safe exercise program. Once your exercise prescription is complete, boutique classes(1-6 max. per session) are run by your therapist. The class sessions are small because its the technique and quality of movement used to do the exercise that is important and beneficial compared to 'just doing them'.

There are several forms of equipment used in Clinical Pilates-the reformer, trapeze table, exercise ball and floor exercises.

It's great getting a group of friends together safe, fun exercises with your mates –what more!