

# PHYSIO PILATES

Low Back Pain (LBP) is the most common complaint of all musculoskeletal problems, affecting up to 80% of people throughout their lifetime and of those, many experience more than one recurrence.

Low back pain can be successfully treated with physiotherapy, but the key is PREVENTION. During your Path to Improved Health experience, your physiotherapist will introduce you to specific preventative and restorative strengthening.

**Pilates** is an exercise method that integrates postural and breathing awareness into a program designed to strengthen the **core muscles** that have been shown to be the key to the **prevention** of future low back pain.

## Other conditions addressed through Physio Pilates include:

- Upper back pain & stiffness
- Postural concerns
- Hip stiffness or chronic “tight hips”
- Pelvic floor concerns such as incontinence
- Return to fitness and post-partum programming

EPA's clients are eligible, at the discretion of their physiotherapist, to participate in a **physiotherapist supervised Pilates Program**.



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Our **Physio Pilates Program** is instructed by a Registered Physiotherapist who is also a Certified Pilates instructor. Physio Pilates consultations are offered on-site, during a one-on-one session. After the consultation, private Mat and Reformer sessions are available, as well as group Mat classes. Our program is ideal for anyone who has completed their rehabilitation plan and is looking to improve their health through an advanced independent exercise program.

Physio Pilates is a physiotherapy service and is covered under many of the Physiotherapy Health Benefits that you may have.

*Offered at specific EPA sites.  
Call for more information.*

