

# Clinical Reformer Therapy



## WHAT IS CLINICAL REFORMER THERAPY?

Clinical Reformer Therapy is a popular form of rehabilitation and preventative treatment with a focus on stability, control and balance.

It is used in conjunction with 'hands-on' Physiotherapy & Exercise Physiology to treat a multitude of patient complaints, including lower back pain.

We use various forms of equipment, such as reformers, trapeze tables, mats and weights to retrain the stabilising joint muscles.

The difference between 'Clinical Reformer Therapy' and generic fitness-based 'Pilates' classes is that our Physiotherapists and Exercise Physiologists carefully select your exercises, dependent on the nature of your injury. This ensures optimal gains, whilst minimising the likelihood of injury aggravation.

Combining Clinical Reformer Therapy with traditional Physiotherapy & Exercise Physiology enables patients to take control of their injury or condition using exercise as treatment.

At Gen Health initial assessments are undertaken with one of our Physiotherapists, with the option of joining in group therapy sessions once a specialised program has been prescribed.

There are 2 types of group sessions available:

### INTERMEDIATE LEVEL – 30 MIN

These classes are run by one of our Physiotherapists with 3 participants to ensure constant supervision and technique guidance. This level is ideal for a patient that is new to Clinical Reformer Therapy, is rehabilitating an injury, or is still experiencing symptom aggravation.

### ADVANCED LEVEL – 45 MIN

These classes are run by one of our Physiotherapists with 6 participants. Further strengthening and high-level exercises are incorporated to challenge those that are confident with the use of the equipment and are currently experiencing no symptoms.



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