

Neurological Pilates



What is Pilates?

Pilates is a low impact form of exercise which promotes central core strength. The core is challenged through the addition of movement through the arms, legs and using small equipment such as balls and resistance bands. Pilates has many benefits such as improving:

- Posture
- Strength
- Stability
- Flexibility
- Balance
- Co-ordination
- Stress reduction

How does Neuro Pilates differ from Pilates?

In Neuro Pilates, the traditional exercises have been adapted to make Pilates accessible and beneficial for people with a range of neurological conditions (including Stroke, Parkinson's Disease, MS and others).

The Neuro Pilates group class is led by a Specialist Neurophysiotherapist with additional training in clinical Neuro Pilates. Class sizes are kept small with a maximum of 6 people. Exercises are completed in either standing, sitting or on the mat, and will be tailored to meet your individual ability.

If you are considering Pilates, please get in contact and we'll book you in for a 1:1 assessment. The assessment enables the leading physiotherapist to gauge your abilities and teach you the Pilates fundamentals. It is also an opportunity to ask any question and discover if Pilates is a form of exercise that could be appropriate for you.

Prices

1:1 Initial Assessment £45 (must be completed prior to attending first class)

£15 per class (45 min class, including warm-up and cool-down). Please arrive 5 mins before start of class

Where & When?

Nicole Lavin Neuro Rehab Clinic in Rawdon: **Mondays 10:30am**

Trinity Methodist Church (Trinity Rd., Harrogate HG2 9AU): **Thursdays 10:30am** (starting 26th Jan 2023)

A small number of free car park spaces are available at front of Trinity Methodist church, otherwise there is free on-street parking

Get in Touch

 0113 250 8833

 practice@leedsneurophysiotherapy.co.uk

Clinic Address

For clinic appointments our address is:

6 Over Lane

Rawdon,

Leeds LS19 6DY

What do I need to bring?

Comfortable clothing where you can move easily, and a bottle of water
You will be asked to take your shoes off at the start of class



Clinical Neuro Pilates Research

Multiple Sclerosis and Pilates:

- Research has shown that twice weekly Pilates for 12 weeks improved walking performance and functional ability (Whitney 2018)
- Another study in 2014 showed that Pilates twice weekly for 8 weeks improved balance and strength
(Guelu-Gunduz 2014)

Parkinson's Disease and Pilates:

- A 2019 systemic review showed the positive impact of Pilates on fitness, balance and physical function
(Suarez-Iglesias 2019)

Stroke and Pilates:

- A 2013 study shows how 8 weeks of Pilates training is effective for improvement of functional balance and quality of life compared with conventional therapy
(Surbala 2013)

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