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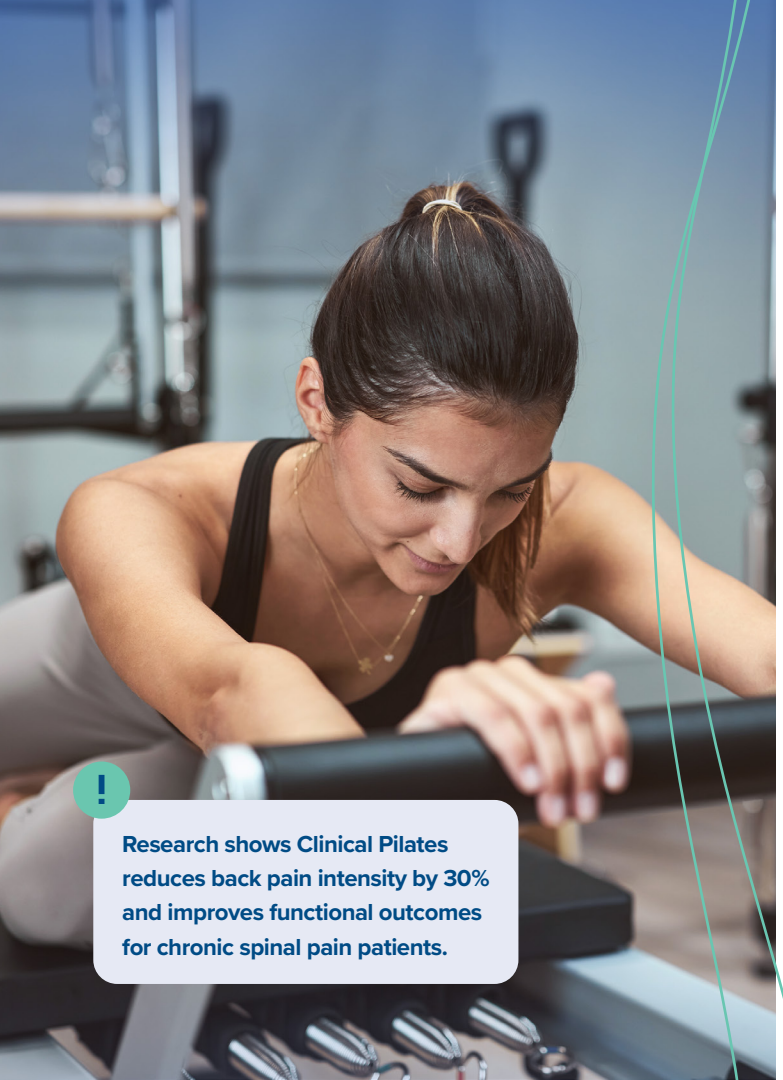
# A GP's Guide to Clinical Pilates

What are the benefits, and why should you care?



**Research shows Clinical Pilates reduces back pain intensity by 30% and improves functional outcomes for chronic spinal pain patients.**

## Why Clinical Pilates?

Clinical Pilates provides patients with a comprehensive, individualised approach to spinal rehabilitation. Unlike general Pilates, Clinical Pilates is a targeted exercise method designed to address specific injuries, movement deficits, and long-term recovery issues.

By focusing on posture, core stability, balance, strength, and flexibility, Clinical Pilates allows patients to take an active role in their recovery, reducing the likelihood of recurrence and promoting long-term spinal health.

**Back pain burdens 16% of the adult Australian population, making it one of the most common reasons for GP consultations.**

## The Facts

- Meta-analysis of over 1,100 chronic lower back pain patients found Clinical Pilates significantly reduced pain compared to standard care.
- Clinical Pilates was shown to improve functional ability, enabling patients to return to their daily activities and maintain these improvements beyond their treatment period.
- Patients participating in Clinical Pilates report higher adherence rates, likely due to its manageable, low-impact routines that fit into everyday life.

## Clinical Pilates: A Step Beyond Traditional Pilates

Unlike standard Pilates, which focuses on general fitness, Clinical Pilates is tailored to the individual. This approach includes:

- **Injury-Specific Adjustments:** Exercises prescribed for each patient's unique condition and physical capability.
- **Progressive Rehabilitation:** Sessions that evolve with the patient's recovery, supporting them from acute care to long-term maintenance.
- **Sustainability:** Encouraging patients to integrate these exercises into their routine for continued benefits, reducing dependency on extended clinical care.

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## How Clinical Pilates Supports Spinal Pain Rehabilitation

Clinical Pilates is a proven method for restoring spinal stability and function. Its benefits include:

- **Retraining Stabilising Muscles**
  - » Following spinal pain, the deep stabilising muscles (e.g., Transversus Abdominis, Multifidus, and Pelvic Floor) are often inhibited.
  - » Clinical Pilates restores the anticipatory activation of these muscles, which is critical to preventing recurrence of spinal pain.
- **Teaching Correct Muscle Activation Patterns**
  - » Low-load, repetitive exercises optimise Type 1 muscle fibre recruitment, retraining the deep spinal stability muscles.
  - » Enhanced motor control translates to improved performance in skilled movements, such as lifting or sport-specific tasks.
- **Combining Local and Global Stability Systems**
  - » Clinical Pilates transitions from targeting deep, local stabilisers to engaging the larger, global muscle groups for comprehensive spinal support.
  - » This progression ensures patients regain the dynamic stability necessary for daily and high-intensity activities.
- **Progression from Static to Dynamic Stability**
  - » Patients begin with static exercises, advancing to functional and sport-specific activities that reduce the risk of recurrence.
- **Direction-Specific Rehabilitation**
  - » Clinical Pilates evaluates directional preferences and tailors exercises accordingly, leading to immediate improvements in posture, stability, and performance.

## Mutual Benefits: Supporting GPs and Patients

**Clinical Pilates isn't just about pain relief—it's about achieving long-term recovery and self-management. By referring patients to Clinical Pilates at our clinic, you'll benefit from:**

- » **Expert Partnership:** Your patients will receive a structured program supervised by experienced physiotherapists who understand spinal rehabilitation in depth.
- » **Ongoing Communication:** We provide you with regular updates on your patients' progress, so you stay informed throughout their journey.
- » **Patient Empowerment:** Clinical Pilates encourages your patients to take charge of their recovery, enhancing their satisfaction with care and reducing repeat visits for the same issue.

## Group Classes: Affordable, Accessible, and Effective

At **Benchmark Physiotherapy** we offer both one-on-one sessions and small group classes (3–4 participants) to make Clinical Pilates accessible for all patients. Group classes provide personalised attention in a more cost-effective format, ideal for patients requiring ongoing care.

Clinical Pilates is a cornerstone of effective spinal pain rehabilitation. With its tailored, evidence-based approach, it helps your patients achieve sustainable recovery and prevents the recurrence of pain. **Contact us to learn more about how Clinical Pilates can benefit your patients or to arrange a referral.**

**Visit the Benchmark Physiotherapy General Practitioners Hub for more resources to empower your patient for better outcomes with physiotherapy.**

Contact us to find out more about how we can help your patients reach their potential.

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