



GROUP PHYSIOTHERAPY TIMETABLE



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--------------------|--------------------|--------------------|--------------------|--------------------------------|-----------------------------|
| 7:30 | | | | PILATES with Julie | | |
| 8:00 | | | | | PILATES with Trish | |
| 8:30 | | | | PILATES with Julie | | |
| 9:00 | | | | | PILATES with Trish | PILATES With on duty Physio |
| 9:30 | PILATES with Julie | PILATES with Julie | | | | |
| 10:00 | | | | GLAD with Julie | | |
| 10:30 | GLAD with Julie | | PILATES with Julie | | | |
| 11:00 | | | | PILATES with Julie | | |
| 11:30 | | | PILATES with Julie | | | |
| 12:00 | | | | | | |
| 12:30 | | | | | PILATES with Trish | |
| 1:00 | | | | PILATES with Julie | | |
| 1:30 | | PILATES with Julie | | | MOVEMENT FOR HEALTH with Trish | |
| 2:30 | | | | | | |
| 4:00 | | | | | PILATES with Trish | |
| 5:30 | | PILATES with Julie | | PILATES with Corey | | |

CLINICAL PILATES: Clinical pilates classes involve a specialised program of therapeutic exercises and the use of specialised pilates equipment including Reformers, a WundaChair, and Springwall. Pilates is particularly beneficial to assist patients in their rehabilitation of spinal pain, shoulders, hips & knees. After a thorough assessment each Pilates program is individualised to every patient. The exercises target faulty movement patterns & muscle imbalances that occur through lifestyle or injury.

GLAD: An exercise and education program designed for people with hip and/or knee osteoarthritis. The program consists of 2 group education sessions and 12 group exercise sessions (2 sessions per week over 6 weeks).

MOVEMENT FOR HEALTH: A class designed for those patients with mild neurological balance and strength issues, including those with early onset Parkinson's Disease symptoms.