



Clinical Exercise Therapy Classes (CET) now at St Ives Physiotherapy & Sports Therapy Centre

We have the clinical knowledge and experience to improve your body function and performance. At St Ives Physiotherapy & Sports Therapy Centre, our Physiotherapists determine the cause of your physical problems and prescribe specific therapeutic exercises to treat them. We keep up to date with the latest scientific research and incorporate new advances into our clinical exercise classes, which are claimable from most Private Health Insurers.

We do a full musculoskeletal assessment, provide treatment and prescribe self-management strategies. Regular reassessments ensure that your goals are being achieved.

We offer the following small group clinical exercise classes:

- Clinical Exercise Therapy Classes (previously referred to as 'Pilates Classes'), Matwork, using stability equipment (rollers/air discs), resistance bands and weights;
- Back Classes, focus on improving core strength, back exercises, improving mobility and back care education;
- Youth Strengthening Classes, build strength specific to your sport, and improve overall fitness. Boys and Girls, age 10 - 18yrs
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Our Clinical Exercise Classes are not just for fitness, but are designed to specifically target your musculoskeletal problems. This may be to reduce pain and tightness and to strengthen and stabilise. Current research proves that body areas that have been injured can lose stability, which can then lead to muscle spasm, causing pain and tightness.

The APA (Australian Physiotherapy Association) states that:

“Physio sessions are a mixture of clinically appropriate exercises, which may include exercises delivered on Pilates equipment or exercises drawn from Pilates that target their particular needs. Physios deliver these exercises within an evidenced-based and therapeutic framework, rather than purely for fitness.”

If you have Physiotherapy cover as part of your “extras”, and you have been assessed by a Physiotherapist for a particular problem or condition, your Physiotherapist may prescribe exercises as part of your treatment of that condition. These exercises can include Pilates-based exercises. The exercises may be prescribed as a home program, in a class setting, or both. In order to ensure your exercise program remains relevant and beneficial for you, your Physiotherapist will periodically reassess your progress and update your treatment, including your exercise program. This is exactly how we already operate. So, in this scenario, really nothing will change.

Please chat to your Physiotherapist or one of our reception staff should you have any questions.

Kind regards

The Physiotherapy Team at St Ives Physiotherapy & Sports Therapy Centre