

PLATINUM PHYSIOTHERAPY
CLINICAL PILATES STUDIO

CLINICAL PILATES

Achieve Balance,
superior Posture & Biomechanics,
manage back, neck,
shoulder & hip pain
with evidence based clinical pilates
personalised exercise programming.

the core principles of pilates
are embraced by our instructors
to achieve
correct postural alignment,
precise movement patterns &
breathing control fundamentals,
manage & prevent injury

Call today for fast results.....



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How to get started.....

there will be an initial assessment by a physiotherapist who will take a full history & perform a posture & movement analysis

the physiotherapist will devise a personalised program based on your injury, rehabilitation or postural requirements

you are then able to book into one of our clinical pilates studio packages;
Gold, Silver or Basic

we run small groups mostly 2-3 participants to ensure a safe and efficient workout

private health fund 'extras cover' may subsidise your program

brand new customised studio
at riverside office tower
69 central coast hwy
west gosford

Bookings are essential.....

phone 43245668
for class details