

Clinical Pilates is the combination of pilates and traditional physiotherapy to produce a safe exercise system with broad applications.



Taught by West 4th Physio associate Karen Forsman, your clinical pilates program will be exercise rehabilitation tailored to your injuries and needs.

Following the STOTT Pilates method, these exercises are based on 5 basic principles:

- Pelvic placement
- Rib cage placement
- Scapular movement
- Head and neck placement
- Breathing

These principles are combined to help individuals improve posture, decrease joint pain, increase freedom of movement and improve core stability.

WHAT TO EXPECT

Your first visit will include an assessment of your injury, posture and movement patterns, as well as your ability to activate your core muscles.

Your Clinical Pilates Physiotherapist will also explain the basic principles of pilates and what the focus will be going forward. You will then be taken through a series of exercises, so come dressed and ready to move!



All sessions are geared to you, your abilities and pain levels.

Athletes will find great benefit in learning challenging core routines, ideal for improving cycling and running technique.

PILATES CAN HELP WITH

- Back and neck pain
- Posture
- Chronic tension
- Muscular imbalances
- Arthritis or anyone who wants a low-impact exercise program
- Pre and Post-natal weakness and imbalances
- Post-MVA re-conditioning
- Athletic training
- Better body awareness



Inquire today to book 1 on 1 pilates sessions with Karen Forsman.

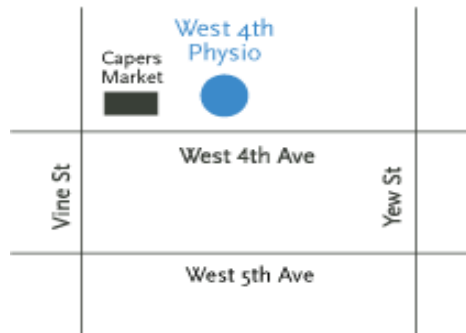
Sessions are covered by most extended health plans under physiotherapy.

From our home in the heart of Kitsilano at 4th and Vine, we have been proudly serving Kits and the West side of Vancouver with mobility and other rehabilitation services since 1994.

Our dedicated team of professionals will make sure that your experience with us is both pleasant and successful at all stages of your care. Access is easy, with ample free underground parking and convenient elevators to our clinic on the 2nd level. We welcome new patients at any time and look forward to seeing you in the clinic.

OUR COMMITMENT TO YOU

We will provide you with the best in physiotherapy care by listening carefully, assessing thoroughly and helping you with the physical plan you need for mobility



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Precise, personal and professional

Clinical Pilates



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