



**MSK + together**

*An integrated MSK service for Mid-Nottinghamshire*

# Pilates

## **Welcome to the Pilates!**

We are pleased you will be joining others on this programme to help you manage and improve your pain, better understand how your pain affects you and what things can affect your pain. The programme aims to improve your quality of life, help you stay active and get you back to doing the things you enjoy.

# Pilates

**Please read this letter carefully as it contains important details of the programme, and what to expect.**

## WHAT IS THE PILATES GROUP?

The Pilates group is for patients that require supervised exercises and is aimed at improving flexibility, strength and stability. Individuals work to their own levels and the lead physiotherapist can progress exercises when they are ready.

## WHERE ARE PILATES CLASSES?

The Pilates Group is run across several locations across the Mid-Nottinghamshire region covering Newark and Sherwood as well as Mansfield and Ashfield. You will be able to select your choice of location when our admin team contact you to book your sessions.

## HOW MANY SESSIONS WILL I COMPLETE?

The Pilates Group is run over 6 consecutive weeks.

**It is important you are able to commit to the programme in order to reap the benefits.**

If you are unable to attend one of your classes, please discuss this with the group leader.

## WHAT TO BRING TO YOUR FIRST CLASS

Please wear some loose-fitting/gym clothing, comfortable trainers, a small towel, a water bottle, and reading glasses if required. If you have any questions before the first class, call us on 01623 484820.

**We look forward to welcoming you soon!**

Class attendance is recorded in the same manner as a one to one physiotherapy appointment. If you fail to attend your class without letting us know, as per policy, you will be discharged from the department.

**MSK Admin Tel: 01623 484820**