

Please use this space to write notes or reminders.

### Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

### Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
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Wigan  
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### Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

### How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.  
For more information please ask in the department/ward.

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# Pilates Class

MSK Physiotherapy Department

## Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:  
[https:// www.wvl.nhs.uk/patient-information-leaflets](https://www.wvl.nhs.uk/patient-information-leaflets)  
or scan the QR code.



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## What is Pilates?

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilate's movements tend to target the core muscles which are situated in our abdominal, spinal and buttock areas. Pilates can be done with or without equipment, involve a slow, precise movement that requires concentration and breathing control.

## Aims

Your physiotherapist feels that you will benefit from doing regular Pilates exercises as they aim to strengthen the body in an even way, with particular emphasis on core strength to improve your general fitness and well-being. Once you start to increase your strength, fitness and stamina – this can have a positive impact on pain and functional mobility.

During the class you will be doing a series of controlled movements on the floor on a gym mat. All exercises can be modified to suit your level of fitness of which your class instructor will be able to support you with:

- We offer up to 6 sessions – once a week, consistent attendance is required.
- If you wish to continue, we can refer you onto the Be Well team at the Leisure Centers where you can continue community-based Pilate's classes.

## Risks

Before starting any exercise programme, it's advisable to seek advice from your GP or a health professional if you have any health concerns, such as a health condition or an injury. These can be discussed before your first class with the Physiotherapist who runs the group, they will advise you of any risks and/or modifications required.

## Benefits

There are many benefits of Pilates, including:

- Increased flexibility.
- Increased muscle strength and tone.
- Increased mental wellbeing
- Protection from injury.
- Stress reduction

## What will I need?

Patients are advised to wear loose fitting clothing and socks. Footwear is usually removed to participate in the class. Patients are welcome to bring a drink and their own exercise mat, but these will be provided if needed.