

Vitality is a multidisciplinary centre offering a wide range of health services including Physiotherapy, Clinical Pilates, Chiropractic, Naturopathy, Acupuncture, Kinesiology and Massage.

Our practitioners are committed to working together to help you achieve your individual health goals. We aim to go beyond injury management by providing educational workshops, home exercise programs and lifestyle advice to enable you to reach your full health potential.

"Physical fitness is the first requisite of happiness."

Joseph Pilates, founder of Pilates.



Physiotherapy

Session cost and times:

30 minute treatment - \$70

Appointments available on days listed below

Clinical Pilates

Session cost and times:

Initial 30 minute consultation - \$70

60 minute session (max 3 people) - \$50

12 sessions for \$495

Monday 3pm-9pm

Tuesday
8am-12pm & 5pm-8pm

Thursday 3pm-9pm

Friday 7am-12pm

Saturday 9am-12pm

Referrals not required

Private health insurance rebates apply

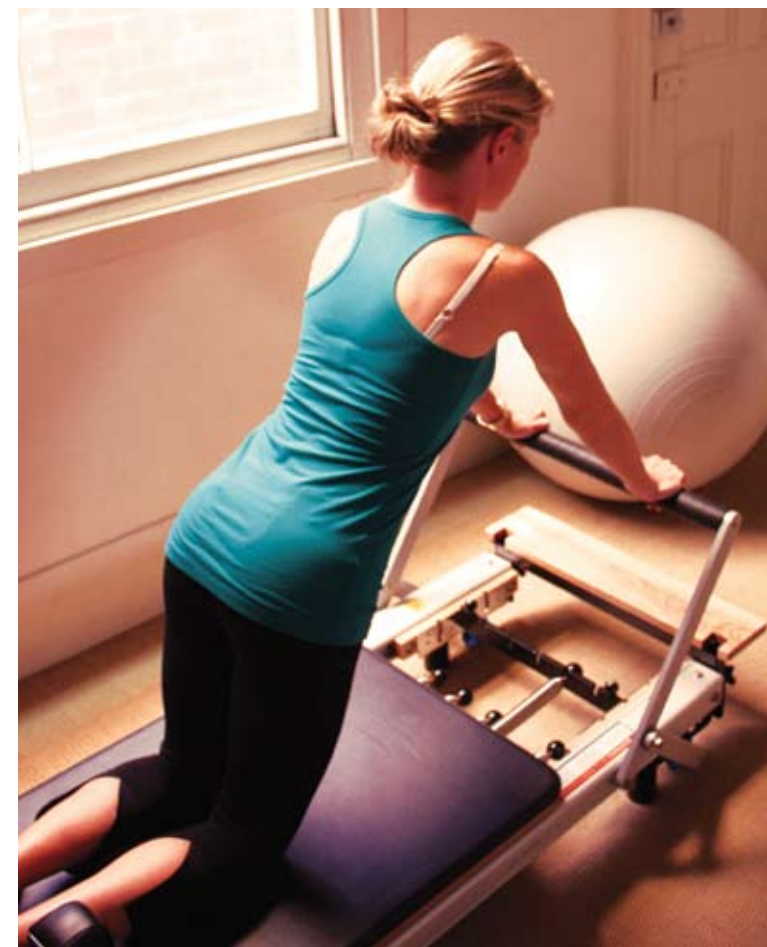


www.vitalitygroup.com.au

Email: andrew@vitalitygroup.com.au

Phone: 9682 8866

282 Richardson Street, Middle Park



**Physiotherapy
and Pilates**

What is a Physiotherapist?

A physiotherapist is a qualified health care professional, skilled in the assessment and treatment of spinal and peripheral problems including joint, muscle and nerve injuries.

Benefits of Physiotherapy

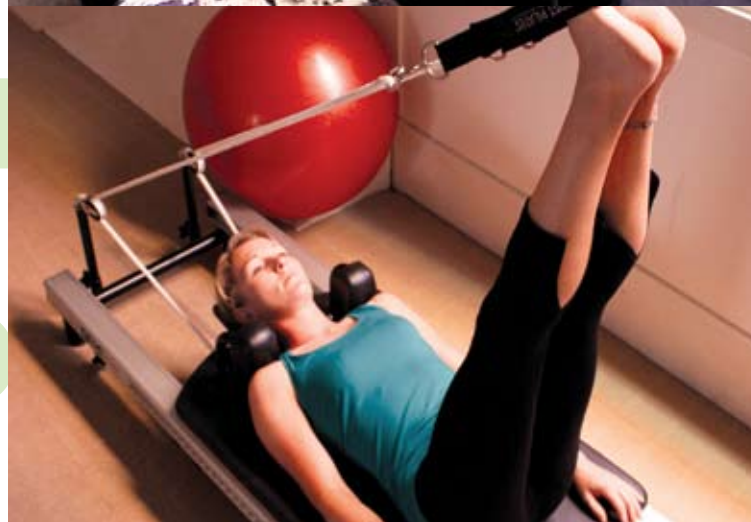
Physiotherapy can accelerate your recovery from injury, assist you return to sport, and give you specific exercises to help you take your sporting performance to the next level.

Physiotherapy at Vitality

Our Physiotherapy service is run by Andrew Hoare, a graduate of the University of Melbourne, who has been practicing in private and sports settings since 1996.

Your Physiotherapy session will begin with a thorough assessment of the problem. Treatments such as joint mobilisation, massage, dry needling and specific exercise are used with the aim of quickly restoring normal movement and function to the areas of the body affected.

Vitality also offers physical screenings for sports including golf and running, as well as postural programs including education on lifting and sitting techniques.



What is Pilates?

The focus of Pilates is developing strength and control of the deep muscles of the spine, abdomen and pelvis; what we refer to as 'core stability'.

Research shows that activation of the pelvic floor and transversus abdominus muscles is integral when returning from lower back injury.

Clinical Pilates at Vitality

Clinical Pilates is a program developed by Physiotherapists to integrate Pilates with the latest developments in spinal stability research.

At Vitality, all Clinical Pilates sessions are professionally supervised and tailored to your needs; making them suitable for all levels of fitness, from those suffering from chronic pain to elite level athletes.

Clinical Pilates can help you become more proactive with your health. It is also an ideal exercise program during and after pregnancy.

Take charge of your health today and begin working on your flexibility, core stability, posture and breathing, instead of waiting for an injury to occur.

**Physiotherapy and Clinical Pilates:
Manage injuries, improve posture and
increase performance.**