

## MEDIA RELEASE

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### Physio-led Pilates class puts clients in right posture

RESIDENTS who are eligible for Home and Community Care (HACC) services are encouraged to take part in a new exercise class.

The Darling Downs Hospital and Health Service's HACC Allied Health team piloted a physiotherapist-led Pilates class for their clients earlier in the year.

The pilot program was a success, and plans are now in place to extend the program this month.

HACC Allied Health Physiotherapist Kathy Joyce leads the classes, and has enjoyed watching her clients improve over the six-week period.

"Pilates is a form of exercise that basically allows people to move," Ms Joyce said.

"The movements are small, controlled and within the limits of the clients.

"It is different to a gym environment. The classes are limited to 10 people, there is a lot of one-on-one interaction and we focus on doing the exercises correctly and safely."

Ms Joyce's clients are mostly over the age of 65 years, and living with rheumatoid arthritis, back pain or mobility issues.

Bryan Carlin is one of those clients, and believes he has benefited from taking part in the Pilates classes.

"I am very conscious of my exercise," Mr Carlin said. "I finished up work 27 years ago basically because I couldn't move with the effects of rheumatoid arthritis.

"Since that time I have dedicated myself to improving my movements.

"These classes have been very beneficial. There is only so much a doctor can do for you, until you have to start taking responsibility for your own health and well-being."

People who are HACC eligible, or those who would like to find out if they are, can contact 4699 8970 during business hours to register for the Pilates classes.

The next program starts on 13 April. Classes cost \$4 and are held weekly at the Baillie Henderson Hospital physiotherapy rooms.

**Caption:** Taking part in the HACC Physio-led Pilates class are (from left) Frank Giles, Bryan Carlin, instructor Kathy Joyce, Lyn Anscombe and Barbara Weier.

### Ends

**MEDIA:** Contact Darling Downs Hospital and Health Service Media Team 4699 8547, 0438 702 328 or [DDHHS\\_media@health.qld.gov.au](mailto:DDHHS_media@health.qld.gov.au)