

MEDIA RELEASE

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Physio-led Pilates class puts clients in right posture

RESIDENTS who are eligible for in-home, aged-care services provided by the Darling Downs Hospital and Health Service's Community Care team are encouraged to take part in the next physiotherapist-led Pilates course.

The six-week course is conducted by DDHHS Community Care Allied Health Physiotherapist Kathy Joyce.

"We held the first course earlier in the year and it was a great success, with some clients reporting an improvement in their health and wellbeing," Ms Joyce said.

Pilates is a form of exercise aimed at increasing strength, flexibility and balance via a series of specific movements.

Classes are commonly held in a gym environment, however Ms Joyce said physiotherapy-led classes were more catered to those with physical limitations.

"The classes are limited to 10 people and there is a lot of one-on-one interaction," Ms Joyce said.

"We focus on doing the exercises correctly and safely.

"We have mostly seen clients participate in the course who over the age of 65 years and living with rheumatoid arthritis, back pain or mobility issues."

People who receive in-home, aged care services from DDHHS Community Care or are under 65 years with a disability are eligible to take part in the course.

What: Pilates course, six-week block

Where: Baillie Henderson Hospital Physiotherapy gym

When: Monday afternoons 1.30pm to 2.30pm from 24 August

Cost: \$4 per class

Contact: Kathy Joyce - Physiotherapist, 4699 8970 (business hours)

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

Ends

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