

FUNCTIONAL MOVEMENT

What is 'Functional Movement' training at Functional Pilates?

Can you assess my 'gait' (walking mechanics)?

by **Filippa Minelli**

We all have developed our own unique way of moving. Without the right education and movement awareness, the way you move could be negatively impacting our musculoskeletal health. The 'Functional Pilates Scientific Approach' focus' attention to task specific movements enabling us to enhance and optimise the functional movements that are most important to you. We review your general movements such as walking, climbing steps, followed by other activities you love, for example; tennis, holding grandchildren, gardening, etc. This information helps us develop an individualised exercise program specific to your needs.

In an assessment we observe your movement decisions which provides us with information about your movement history. For example an old injury once resulted in knee pain. To avoid pain you modified your movements and adopted a new, less optimal walking pattern. Years later you are still walking this way and it is now causing other musculoskeletal problems such as hip pain.



In an assessment we are looking for where you veer away from optimal movement. These changes to movement patterns occur for numerous reasons, and here are some of the questions we may ask to help identify these changes:

- Do you avoid certain movements or activities due to pain or weakness?
- Do you experience stiffness or have lost range in your movements?

Even when your movements are optimal, we are searching for what you do when you reach fatigue.

The movements you want to improve, preserve and add in the future must be trained effectively.

Book in for your assessments at Functional Pilates.

WHY FUNCTIONAL PILATES?



EXPERT ADVICE



CARE



REPUTATION



INDIVIDUALISED

Our quality strategy sets out our ambitions for ongoing improvement.

Our mission is to better the health of the people we serve by delivering exceptional care, teaching and current research in every class.

Our vision is for Functional Pilates, to be among the best and safest places to receive care.

FACT SHEETS



Fact Sheets inform you of the services available and common conditions we work with at Functional Pilates.

Fact Sheets can be downloaded from our website.

BLOGS



Blogs keep you up to date with the latest research and provide the education of movement in an easy-to-read format.

Read our blog posts on our website.

NEWSLETTER



Filippa can answer your questions and keep you up-to-date with current events research and blogs.

Four annual newsletters answer the questions that are important to you.

Subscribe to our newsletter via our website.