



Plus Pilates

Improve your muscle strength, flexibility, balance and endurance with our Physiotherapist-led Pilates program!

A Physio-led Pilates program

Our Plus Pilates program is run by physiotherapists who are both trained in Pilates and experienced in working with clients living with neurological conditions.

We tailor and target the program to help you achieve your personal movement and functional goals.

Pilates for Neuro

Neurological conditions such as MS, Parkinson's, Stroke, Diabetes, and Peripheral Neuropathy can affect the brain, spinal cord and nerves, causing changes to patterns of movement, and your ability to carry out day-to-day activities.

Pilates is a powerful tool for the rehabilitation of these effects, improving function and mobility.

Call us: 1800 042 138

Email us: connect@msplus.org.au

This program will help you:

- increase muscle strength and endurance
- improve flexibility, coordination and balance
- increase body awareness and confidence with movement
- enhance overall wellbeing and quality of life

Who would benefit?

- people wanting to improve their balance, flexibility and strength
- people living with a neurological condition that is affecting their coordination and movement

Where can I access this program?

Our Pilates program is run by our MS Plus Physio at our Blackburn Wellbeing Centre.