

Synergy is now offering Rehabilitative **Pilates** which can be covered by insurance if prescribed by a doctor or instructed by a Physical Therapist. Pilates may also be covered by your medical saving account.

- Instructor is a highly trained professional who has invested well over 700 hours of training and studying of the technique. Instructors are required to learn over 500 exercises for the mat and Pilates equipment.
- Instructor is also trained in movement dysfunction, anatomy, physiology, and injury prevention with a doctorate in physical therapy.
- Sessions are designed and modified for your specific health condition
- Targeted to enhance individualized posture, strength, flexibility, performance.

FAQ

Will my insurance or Flex spend account cover Pilates? Pilates services for rehabilitation may be reimbursable by your insurance company if instructed by a physical therapist as it is a form of **therapeutic exercise, neuromuscular reeducation, and/or functional retraining**. You may also be able to submit your receipts to a FlexSpend account when services are performed by a Physical Therapist.

Is there a difference between sessions taught by a Physical Therapist versus a Pilates fitness instructor? There is a difference, due to the difference in skill and scope of practice when dealing with clients who currently have or have had past injuries or physical limitations. These clients may require different exercises progressions or modifications. Pilates sessions that are taught by a Physical Therapist are considered by most insurance companies as preventative care specifically for diagnosis including osteoporosis, fibromyalgia, scoliosis, and arthritis.

Can I do Pilates if I am injured? Pilates is a wonderful complement to or after therapy. The Pilates exercise routine is a beneficial adjunct to therapy due to its ability to address the specific site of the injury as well as address your body as a whole. By improving your posture, strength, flexibility, and balance, it helps accelerate healing as well as decrease future incidence of injury.

Who can participate in Pilates?

Pilates is appropriate for people of any age or fitness level. Pilates' unique approach to fitness allows any level, from a beginner to an athlete, to set their goals and work on their individual needs.

How is Pilates different from yoga?

Joseph Pilates was inspired both by eastern and western forms of exercise and wellness principles while developing his method, so there are many similarities. The breathing is different; in Pilates, you are asked to scoop your stomach in rather than allowing it to expand with breath as done in yoga. Pilates is more dynamic, focusing on movement rather than the holding of postures as yoga dictates.

How often do you recommend a Pilates workout?

"In 10 sessions you will feel a difference; in 20 sessions you will see a difference and in 30 sessions you will have a whole new body."- Joseph Pilates

With any form of exercise, consistency is key. In the beginning, your body is learning a lot of new information and your mind/body connection is being established. The optimal recommendation is 2 times per week, however, once a week on a very regular basis can also be beneficial, providing you are doing some other exercise during the week.