



Holywell Healthcare introduces new Studio Pilates

HOLYWELL HEALTHCARE, which is conveniently located just off Holywell Street at the bottom of the 'donut' roundabout in Chesterfield town centre, has already gained an enviable reputation for providing a multi-dimensional approach to health care, injury rehabilitation and body maintenance.

Services already on offer include podiatry, chiropody, biomechanics, orthotics, nail surgery, verruca treatment, fungal nail treatment, foot surgery, shockwave therapy, sports massage therapy and physiotherapy.

The new, well-equipped and professionally-managed Pilates studio, which has recently been

introduced, is set to complement and enhance the wide-ranging treatments and therapies already on offer.

Pilates is a body conditioning system based on six clear principles, that helps build flexibility, muscle strength, endurance and balance throughout the body. It places emphasis on spinal and pelvic alignment, breathing, developing a balanced physicality, improving coordination and allowing increasing body-awareness.

The Pilates system allows for different exercises to be modified in a range of difficulty from beginning to advanced levels. Intensity can be increased gradually and appropriately over time as the body conditions and adapts to the exercises. Pilates improves muscle tone, balances musculature, supports correct posture, and teaches clients to move with an easy physicality. The method achieves this using a range of apparatus to guide and train the body through a tailor-made programme of exercises.

Boasting 3 major pieces of apparatus within the Pilates studio - the reformer, the trapeze table, and the wunda chair, each piece offers its own repertoire of exercises which use sprung resistance/assistance to achieve the appropriate response.

Pilates classes, which can either be one-to-one or group sessions, are run by Magdalen Hardy, who is vastly experienced and highly regarded in this field. A former professional dancer, Magdalen qualified as a Clinical Pilates Matwork Teacher in 2003 after a year-long course with the highly respected Pilates Foundation. Magdalen developed

her expertise further at London's prestigious W2 Pilates Clinic under the tutelage of some of the world's most renowned and respected practitioners. She then worked as an integral part of the team at Cambridge's busy Physic Therapy Centre for 9 years, where she developed her deep interest in collaborative remedial and rehabilitative work which she continues to use as her primary focus with her studio clients.

Magdalen's approach to Pilates work is sensitive, considered and non-competitive and she places great value upon the unique, individual focus and mutual learning processes each client brings.

Studio Pilates can be of great benefit to almost everybody and can also be invaluable in aiding the rehabilitation and maintenance of many specialised conditions including sports or other injuries, spinal conditions and disc issues, hip and knee replacement, neurological conditions, post-surgery rehabilitation, pregnancy, repetitive strain injuries, postural problems chronic back and joint issues, and general physical fitness, mobility and balance. ■



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