



ISSUE 5 FEBRUARY 2012



WWW.PILATESFITNESSEVOLUTION.COM

## Pilates is quickly becoming the choice in rehabilitation. Why? Because it just works better.

Pilates, an exercise regimen first developed for rehabilitation in the early 20th century, has become a powerful rehab tool with significant benefits for our patients and PT practice.

The focus on core movement and breathing brings new and effective treatment methods. It's also extremely versatile - the extensive exercise repertoire can be modified to fit the needs of each patient.

The Pilates principle of core stabilization addresses posture, muscle performance and motor control, the same concepts that form the basis of most orthopedic rehabilitation and therapy. Physical therapists are using Pilates successfully to treat many common conditions and disease including:

- Chronic neck and back pain
- Sciatica
- Shoulder impingement/tendonitis
- Hip bursitis
- Ankle injuries
- Total knee/hip replacements
- Multiple Sclerosis
- Parkinson's Disease
- Scoliosis

The benefits of Pilates are manifold:

- Improves posture
- Increases core strength
- Increases flexibility
- Helps prevent injuries

### IN THIS ISSUE:

WHY PILATES WORKS BETTER  
GIFT CERTIFICATES AVAILABLE  
REFERRAL REWARDS  
CONTINUE YOUR WELL BEING  
WITH US.  
CLASSES FORMING NOW  
OPEN HOUSE



JOIN US FOR OUR OPEN HOUSE

DATE: FEBRUARY 16TH, 2012

TIME: 5PM - 8PM

PLACE: PILATES FITNESS &  
PHYSICAL THERAPY CENTER

17418 W. TEN MILE RD.

SOUTHFIELD, MI 48075

WE HAVE RENOVATED OUR FACILITY AND WOULD LIKE TO SHARE IT WITH YOU. THIS IS ALSO A GREAT OPPORTUNITY TO GET ACQUAINTED WITH OUR STAFF.

WE WILL BE HAVING A DRAWING FOR A CHANCE TO WIN A FREE SESSION OF PILATES. BRING A FRIEND AND ALSO RECEIVE A FREE GIFT.

WE ARE ON FACEBOOK: [http://www.facebook.com/pages/Pilates-Fitness-and-Physical-Therapy-Center-Pilates-Fitness-Evolution/240983119284816?notif\\_t=page\\_new\\_likes](http://www.facebook.com/pages/Pilates-Fitness-and-Physical-Therapy-Center-Pilates-Fitness-Evolution/240983119284816?notif_t=page_new_likes)

Instead of chocolate give the gift of fitness this Valentine's Day. Stop in and purchase gift certificates for individual sessions or group classes.



## CONTINUE YOUR WELLBEING JOURNEY WITH US

We are offering a discounted rate to patients who complete their treatment from a physician referral. You can utilize our facility to maintain your current level of progress. The gym is open from 9:00 am-5:00 pm Monday through Friday and the cost is far less expensive, then joining a gym. Your therapist will assist you in continuing your journey to achieve a pain-free life style and physical wellbeing.

## REFERRAL REWARDS PROGRAM

The biggest compliment we can get is the referral of family, friends and co-workers. Patient satisfaction is our top priority at Pilates Fitness & Physical Therapy Center. Should you refer someone to us, we would like to thank them with a reward. **A one hour free session of Pilates with an instructor.** Patients must make sure our receptionist is informed upon your visit who referred them to our clinic so that we can reward the referring person.

## WE HAVE ADDED AN EVENING GROUP CLASS

We just added a new group class for those of you who want a evening class. We understand with work, school and busy schedules that sometimes it is easier to attend a class in the evening. Please call the office to find out more details, and to sign up for the class.

**We are offering  
Group equipment  
classes.**

**Great for beginners  
or those who want  
to learn about Pila-  
tes.**

**We offer a state of  
the art facility, and  
an experienced in-  
structor for these  
group classes.**

**Call today to reserve  
your spot and learn  
more details.**

**248-552-1012**



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