

# FULL BODY ASSESSMENT

## **Why do a Full Body Assessment before you start Pilates?**

A Full Body Assessment prior to starting your personalised individual pilates or group session means that we assess all your major body parts, posture, core strength, flexibility, range of motion and balance and can advise you accordingly. Some people benefit from personalised individual sessions while some are able to join an open group session with no worries. A full body assessment means you can rest assured that you are doing the right thing for your body.

## **Why is it so important to start a Pilates programme with a Full Body Assessment ?**

We are not able to customise a personalised individual pilates programme without assessing each body part specifically. In particular, we need to know more about any injuries or pain you may have had (or currently have) and any underlying problems that will affect your programme. This will make a big difference in whether the programme will be effective or not.

## **What does a Full Body Assessment involve ?**

We assess:

- ➔ Posture
- ➔ Core strength
- ➔ Balance
- ➔ Flexibility
- ➔ Range of motion
- ➔ Neck
- ➔ Shoulders
- ➔ Spine
- ➔ Pelvis
- ➔ Hips
- ➔ Knees
- ➔ Ankles
- ➔ Feet

This process takes approx. 1 hour. After the assessment, we will analyse the results and advise you on the best course of action. We can then write a personalised programme based on your goals, injuries, strengths and weaknesses or discuss whether joining a group session is more suitable.