

LOW PRESSURE FITNESS

9459 5777

Open: 7am - 7pm Mon-Fri, 8am - 12pm Saturday

www.maddingtonphysio.com.au



**Are you looking
for a form of
exercise that is
low impact, gets
you fit, toned
and breathing a
whole lot better?**

Will help you achieve:

- Toned, flexible muscles
- Improved breathing patterns
- A healthier spine
- Reduced back & neck pain
- Stronger abdominal & pelvic floor muscles

What is LPF?

Low Pressure Fitness (LPF) is an evidence based exercise program that combines several training workouts including yoga, hypopressives, myofascial and neuro dynamic stretching, global postural re-education and breathing retraining.

Why Choose LPF?

Excessive intra-abdominal pressure can have a negative impact on different parts of the body, such as the back, abdomen and pelvic floor. Therefore, with this form of low intensity and physical impact exercise, you can learn how to tone your abdominals, improve your posture and increase self-confidence with low intra-abdominal pressure.



Images courtesy of: <http://lowpressurefitness.com>

**INTRODUCING:
PHYSIOTHERAPIST
& LPF TRAINER**

PILAR MARTIN
(B. Sci. Physio, LPF Trainer)



Pilar has recently joined the team at Maddington Physiotherapy Centre. Pilar has travelled as a physiotherapist in Australia and overseas.

Pilar also has further training and qualifications in myofascial release therapy, pelvic floor retraining, obstetrics and also has a strong interest in Continence & Women's Health, musculoskeletal physiotherapy, Clinical Pilates, hydrotherapy and the popular exercise of Low Pressure Fitness.

PILAR IS CURRENTLY THE ONLY CERTIFIED LOW PRESSURE FITNESS TRAINER WITHIN WA.

Will I benefit from LPF?

EVERYONE CAN BENEFIT FROM LPF

If you want to strengthen your core muscles and have toned but flexible muscles along with a more efficient breathing pattern, then LPF is the new exercise choice for you.

Even if you suffer with low back pain or neck pain, pelvic pain, abdomen or pelvic floor weakness or recently gone through a pregnancy you will also benefit from LPF.

If you have any physical ailments that do not allow you to perform high intensity, higher impact exercises, then LPF is right for you.

What can I expect?

During your LPF Assessment you will undergo a pre-screening, breathing pattern and diaphragm flexibility assessment as well as education on some of the basic breathing techniques.

Once you join the group session, you will receive more detailed instruction along with personalized advice and direction.

Each LPF session will include:

- Specific exercises for optimal breathing
- Stretching & strengthening exercises
- LPF postural poses
- Relaxation exercises

MADDINGTON PHYSIOTHERAPY CENTRE

*Our highly qualified professionals
can assist you with:*

- Treatment of back, neck and spinal problems
- Work related injuries
- Motor vehicle injuries
- Chronic and arthritic pain

- Treatment of neck related headaches
- Sports injuries
- Dry needling
- Continence & Women's Health
- Infant massage

We also provide:

- Real Time Ultrasound
- Clinical Pilates programs
- Remedial Massage Therapy
- Hydrotherapy programs
- Exercise Physiology
- Supervised gym rehabilitation
- Falls prevention programs
- Gym memberships
- Exercise equipment, Pilates products, mobility aids, hot & cold packs plus much, much more!

How do I begin?

The LPF Assessment will help us to establish your current range of motion and flexibility, thus assisting us to help you achieve your full potential.

Just call Maddington Physiotherapy Centre on **9459 5777**, we will book you in for a LPF Assessment consultation and then you can join our group session.

When, where & how much?

Maddington Physiotherapy Centre
(Exercise Rehabilitation Gym)
2 Blackburn Street, Cnr Albany Hwy
MADDINGTON

LPF Assessment - \$90.00

Package: 6 Group Sessions for \$180.00

6 One on One Sessions for \$450.00

Group sessions (maximum of 5 people) are held on:

Monday	Wednesday
11am – 12noon	6pm – 7pm

We also offer:

- Same day appointments
- HICAPS/Health fund rebates
- Veteran Affairs
- Chronic Disease Management Programs

CONTACT US:



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