

# do you suffer from back pain?

try pilates at equilibrium with specialized teachers  
who **are** physical therapists



Up to **80%** of adults will suffer from moderate to severe muscular back pain at some time in their lives, and the problem is increasing with the sedentary lifestyle habits that children and adults alike are leading. Back and neck pain not only is uncomfortable, but leads to concentration problems and limits work and recreation options. Equilibrium studio has a reputation for providing safe options for clients with musculoskeletal problems whether you are post-rehabilitation or you want to prevent problems in the future. Choose from our Healthy Backs classes or a private consultation with a STOTTPILATES® Rehab specialist who is also a Physical Therapist.

The Healthy Backs classes are a great addition to your pilates or yoga practice. Class size is limited so there is adequate observation of each person and attention to your specific needs. The instructors for Healthy Backs classes are Physical Therapists and have been trained to teach you to work in a position that is optimal for you to protect your spine, so that you can exercise without being concerned about aggravating injuries.

**Healthy Backs Matwork** consists of a selection of Stott Pilates mat exercises combined with equipment to modify your positions to ensure that your spine is supported. You will be offered options to modify to suit your posture, injuries, or intermittent aches and pains. Even if you only have occasional pain, the class includes tips to take your pilates principles into functional movements such as lifting, bending, and twisting to prevent back pain, and emphasizes the importance of correct alignment in every day life. Whether you are recovering from an acute injury, you have osteoarthritis or osteoporosis, or have general postural pain; Healthy Backs Matwork offers you a cost-effective and safe exercise option.

**Healthy Backs Reformer** class is for active clients who are looking to make significant gains in strength, flexibility and endurance. The reformer springs allow you to add or decrease resistance in order to intensify the movement or challenge a particular group of muscles. Prerequisites for this class include a minimum of one private Rehab pilates session with Kim Dunleavy, PhD, PT, or Alex Zavala, PT.



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