



Clinical Pilates

*Physiotherapy at
Flow Physio + Wellness*

Danielle Ufniak, MSc PT

Registered Orthopaedic Physiotherapist
Registered Pelvic Floor Physiotherapist
Certified Mat and Reformer Pilates Instructor

FLOW Physio + Wellness



MEET PHYSIOTHERAPIST

Danielle

MScPT, BA (Hons), PPA Coach

Danielle completed her undergraduate degree in Therapeutic Recreation and Leisure Studies with a minor in Biology at the University of Waterloo. After this program and realizing the importance of movement and play throughout our entire lifespan, she completed her Masters in Physical Therapy at the University of Toronto in 2014.

Highlights

Registered Pelvic Floor Physiotherapist

Certified Prenatal & Postnatal Fitness Coach

Certified Pilates Instructor

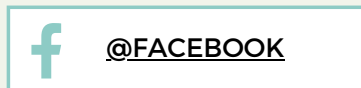
Founder of Clarington Run Club

lululemon Ambassador

Physiodoula

Author of 'Empowered Mama': a prenatal pelvic health guide & reflection journal

Follow me on social media to stay connected!





**MEET PHYSIOTHERAPY
ASSISTANT**

Jin

**Certified Pilates Instructor
Corrective Exercise Specialist**



Jin devoted her childhood to dancing and majored in dance in university in South Korea where she was first introduced to Pilates. After graduation, due to a back injury, she had to give up dancing and taught English instead. As her back pain continued to worsen she sought rehabilitation through physiotherapy and Clinical Pilates, and through the exercises was able to achieve a life-changing recovery that led her to the understanding of the restorative power of Pilates.

Jin is a STOTT Certified Pilates instructor, a NASM Certified Personal Trainer and Corrective Exercise Specialist and is trained in TRX Suspension Training. She has experience working at different studios and her home-based studio, Bare Mind Pilates in Bowmanville with a variety of clients with different needs such as seniors, prenatal and postnatal rehab clients. She shares her knowledge of the development of the mind-body connection through quality of movement and how to apply this to encourage positive results for her clients according to their needs.

She has a direct style of teaching meant to not only exercise her clients but educate them as well. Jin is most gratified when she's able to help her clients achieve their fitness and wellness goals. In addition to Korea, Jin has lived in a number of different regions in Canada, including Kenora, Montreal and Whitefish bay. She enjoys exercising, cooking, dancing and spending time in the great outdoors camping with her family.

 @BAREMINDPILATES_JIN



**MEET PHYSIOTHERAPY
ASSISTANT**

Ashley

**Certified Pilates Instructor
Registered Kinesiologist
Certified Personal Trainer**



Ashley is a Registered Kinesiologist, Certified Pilates instructor and CSEP Certified Personal Trainer. With her degree from Western University in Clinical Kinesiology and Rehabilitation Science and additional certifications, Ashley designs wellness programs that prioritize your individual needs and health goals.

As a Certified Pilates instructor her approach guides individuals through a holistic experience that fosters strength, flexibility, rehabilitation, and mindful movement. Drawing from an athletic background as a competitive swimmer, Ashley infuses practical experience into her programming, creating a dynamic and effective exercise experience for all her clients.

Ashley is an advocate for accessible exercise and her dedication to inclusivity ensures that the fitness environment encourages individuals from all fitness levels and backgrounds. Whether you are a beginner in the movement space or more advanced in your practice, she is a firm believer that everyone deserves the opportunity to embrace a healthier lifestyle and find a love for movement. Ashley looks to educate and inspire all of her clients to form healthy habits and accomplish their health and wellness goals long-term.

Outside of work Ashley enjoys hiking, playing with her dog and spending time outside with her family and friends!



@ASHLEYENDICOTT

Here is information on Clinical Pilates

- **What is Clinical Pilates?**
- **How does Clinical Pilates fit within the scope of Physiotherapy?**
- **Who can offer Clinical Pilates?**
- **Who is Clinical Pilates for?**
- **What are the benefits of Clinical Pilates?**
- **How does Danielle oversee my Clinical Pilates Physiotherapy?**
- **How can I access Clinical Pilates at Flow Physio + Wellness?**
- **When is Clinical Pilates not appropriate?**

What is Clinical Pilates?

Clinical Pilates is an adaptation of traditional Pilates.

It is overseen and programmed by a physiotherapist who is also a certified Pilates Instructor and can be the perfect tool to strengthen core muscles and prevent or rehabilitate injuries.

One of the major focuses of this type of rehabilitative therapy is the development of strength in the core muscles - the deep abdominal and pelvic floor muscles.

Clinical Pilates also focuses on movement biomechanics, breathing patterns and on postural education to prevent future injury.

How Does Clinical Pilates fit within the scope of Physiotherapy?



Many of the basic principles of Pilates align with what research suggests to be an integral part of improving various health conditions including chronic low back pain, osteoarthritis, neurological conditions, sports injuries, and more.

A physiotherapist closely assesses a patient's mechanics and scales exercises to better prevent injuries.

Who Can Offer Clinical Pilates?

Clinical Pilates is part of Physiotherapy and overseen by a **Physiotherapist** (Danielle) who is also a **Certified Pilates Instructor**.

Danielle also has **Physiotherapy Assistants (PTAs)** who are certified in rehabilitative exercise and Certified Pilates Instructors who help execute patient treatment plans within Clinical Pilates.

All Clinical Pilates sessions, even sessions taught by PTAs, are overseen and under the guidance of Danielle as the responsible Physiotherapist.

This means that any changes in symptoms or pain or injuries must be re-assessed before a patient continues with their Clinical Pilates treatment plan.



Who is Clinical Pilates for?

1. Patients with musculoskeletal pain or injury
2. Chronic pain patients
3. Pre-operative or Post-operative muscle strengthening and mobility
4. Prenatal women
5. Postpartum women
6. Patients with postural issues (looking at you, desk workers!)
7. Patients with muscular imbalances between their right and left side contributing to pain
8. Patients with arthritis
9. Patients with balance or coordination issues
10. Patients with scoliosis
11. Patients with chronic headaches or migraines



What are the benefits of Clinical Pilates?

- Correction of poor mechanics that underlie injuries
- A better mind-muscle connection with deep core and pelvic floor muscles
- Improved control over breathing
- Resiliency with repetitive movement
- Improved posture and flexibility
- Improved core stabilization
- Reduced likelihood of injury
- An evenly balanced body
- Increased body awareness



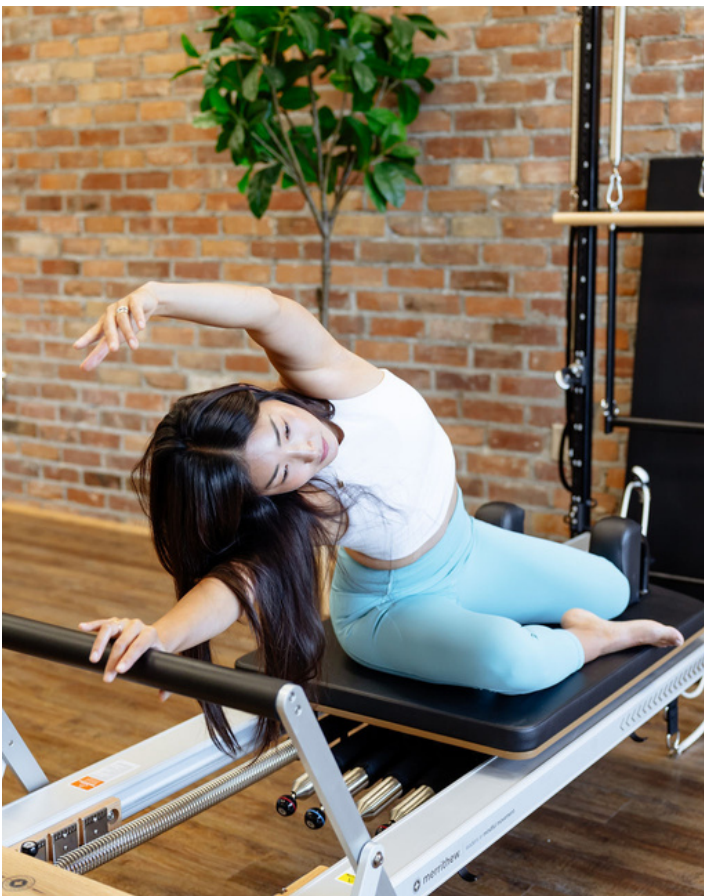
How does Danielle oversee my Clinical Pilates treatment plan?

Danielle will be the **primary care practitioner** who will assess your concerns, subjective health history and functional limitations to create a goals list for Physiotherapy.

She will program Clinical Pilates exercises and give you a frequency and duration of the treatment plan.

Danielle is in constant communication and reviews charts of her PTAs who execute Clinical Pilates at Flow Physio + Wellness.

Any **new injuries or concerns will be re-assessed** by Danielle and she checks in with her Clinical Pilates patients every **4-6 weeks** to ensure they are still on track to meeting their goals and their symptoms and pain are improving.





“Physical fitness is the first requisite of happiness.”

— Joseph Pilates (founder of Pilates)

Can I access Clinical Pilates at Flow Physio + Wellness?

1. Book a **Clinical Pilates Initial Assessment** with Danielle

This is a complimentary 15-minute meeting to discuss: your goals, your current functional limitations, your pain, your subjective health history. Danielle will assess your functional movements and any special tests to rule out red flags that would contraindicate participation in Clinical Pilates within Physiotherapy.

You will need to fill out an Intake Form prior to your meeting with Danielle.



Virtual

Clinical Pilates Initial
Assessment

[**BOOK HERE**](#)



In-Person

Clinical Pilates Initial
Assessment

[**BOOK HERE**](#)

NOTE: Danielle will be only offering **virtual Physiotherapy services** from January 2024 - May 2024.

Can I access Clinical Pilates at Flow Physio + Wellness?

2. Book your **Clinical Pilates follow up appointments** based on the treatment plan discussed in your Assessment with Danielle or PTAs.

Danielle recommends attending a few (1-5) 1:1 treatments before attending a Small Group Mat Clinical Pilates class to learn the mechanics around Pilates movements and receive individualized modifications and hands-on cueing.



**30 min
1:1 treatment**

with Jin

BOOK HERE



**45 min
1:1 treatment**

with Jin

BOOK HERE



**60 min
1:1 treatment**

with Jin

BOOK HERE



**Small Group
Mat Class**

with Jin

BOOK HERE



**30 min
1:1 treatment**

with Danielle

BOOK HERE



**Small Group
Mat Class**

with Danielle

BOOK HERE

Can I access Clinical Pilates at Flow Physio + Wellness?

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**30 min
1:1 treatment**

with Ashley

BOOK HERE



**45 min
1:1 treatment**

with Ashley

BOOK HERE



**60 min
1:1 treatment**

with Ashley

BOOK HERE



**Small Group
Mat Class**

with Ashley

BOOK HERE

Can I access Clinical Pilates at Flow Physio + Wellness?

3. Book your **Clinical Pilates Re-Assessment 4-6 weeks after starting** your Physiotherapy Treatment plan OR **book immediately with any new symptoms, injuries or pain presentation.**



“Not only is health a normal condition, but it is our duty to not only to attain it but to maintain it.”

— Joseph Pilates (founder of Pilates)



Virtual

Clinical Pilates Initial
Re-assessment

[**BOOK HERE**](#)



In-Person

Clinical Pilates Initial
Re-assessment

[**BOOK HERE**](#)

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When is Clinical Pilates not appropriate?

Clinical Pilates is not appropriate for

- People with acute injuries that have not been assessed or diagnosed by a medical professional
- People in acute pain
- People requiring manual therapy or prescribed manual therapy post-operatively
- People with multiple sites of injury or pain
- People with red and yellow flag symptoms: sudden weight loss, night sweats, numbness and/or tingling in the extremities, back pain with coughing/sneezing, changes in bowel or bladder, visual changes or disturbances, loss of motor control

If this is you, please consider booking a 1-hour Initial Assessment with one of our practitioners:



CHIROPRACTIC



PHYSIOTHERAPY



MASSAGE THERAPY

