



Rihab Pilates

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An effective way with a unique set of workout programs for rehabilitation of patients post surgery or a major injury. It is designed keeping in mind the specific injury type and physical needs of patients after a careful assessment by a physiotherapist and professional pilates instructor. Pilates follow a holistic approach where patients need to be fully aware of their body movements. With self-awareness and better coordination, pilates can be beneficial in the following:

- Recovery Post surgery or major illness like cancer, heart issues, paralysis etc
- Recovery post COVID
- Sports injury recovery

- Helping senior citizens get back on their feet <https://physiotherapyatchangemee.com/services/>