

# Pilates Q&A

## at Al Salam Hospitals

### 1. What is the Pilates technique

Pilates is more than just exercise—it's a holistic approach that helps you enhance your body awareness and movement control, promoting balance between strength and flexibility. Through precise movements and mindful breathing, Pilates provides a sense of physical and mental harmony.

### 2. What defines the Pilates experience at Al Salam Hospitals?

Our Pilates sessions are led by licensed physiotherapists using advanced equipment and modern techniques to provide a safe and effective experience for all cases, including back pain, pregnancy, and postnatal rehabilitation.

### 3. What age groups are suitable for Pilates sessions?

Pilates sessions are suitable for a wide range of age groups, from young adults to individuals in later stages of life, as each program is carefully customized to match one's physical abilities and personal needs.

### 4. How long is each session?

Each Pilates session lasts about 30 minutes, allowing effective results with focus on movement quality and proper breathing.

### 5. Are the sessions individual or group-based, and how many participants are included?

Pilates sessions at Al Salam Hospitals are offered individually, tailored to each client's needs, or in small groups of 2 to 6 participants, ensuring close supervision and correct exercise performance for maximum benefit.

### 6. Is there a specific dress code for the session?

It is recommended to wear comfortable clothing and non-slip socks for safety and ease of movement during the session.

### 7. Are there any precautions, and is a doctor's referral required?

Before starting, a physiotherapist assesses your condition to design the right program. A doctor's referral is not required for general cases but recommended for special or post-surgical conditions to ensure safety.

For booking and inquiries

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