



injury recovery

in partnership with NY Physical Therapy

Sample 12-week template

- PT sessions: 10
- Pilates sessions: 10
- Group classes 5-pack (optional)

phase one: assessment and alignment

week 1

- 60-min initial evaluation session with a licensed physical-therapist
- 45-min follow up physical therapy (PT) session in same week

week 2-3

- two 45-min PT sessions per week

week 4

- one 45-min PT session + one 60-min Introductory Private Therapeutic Pilates session

phase two: function and mobility

week 5-6

- one 60-min Private Therapeutic Pilates session + one 45-min PT session per week

week 7-8

- two 60-min Private Therapeutic Pilates sessions per week

phase three: stability and maintenance

week 9-12

- three 60-min Private Therapeutic Pilates sessions
 - introduction of group classes
 - 45-min follow-up PT session
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Sample 5-week program

- PT sessions: 5
- Pilates sessions: 5
- Group Class 5-pack (optional)

week 1

- 60-min initial evaluation session with a licensed physical-therapist + one 60-min Introductory Private Therapeutic Pilates session

week 2-5

- one 60-min Private Therapeutic Pilates session + one 45-min PT session per week
- introduction of group classes