

GOLDSTER★

PILATES FOR INJURY
RECOVERY





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PILATES FOR INJURY RECOVERY

Whether you're recovering from a recent injury or looking to prevent future injuries, this course is designed to help you achieve your goals.



Throughout this course, you will:

- Learn how to use Pilates exercises to recover from injuries and improve your physical health
- Gain a deeper understanding of your body and how it moves
- Learn how to prevent future injuries through proper form and alignment
- Benefit from a supportive and encouraging learning environment
- Receive personalised attention from Jude, our experienced Pilates instructor
- Experience improved strength, flexibility, and overall physical health

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

Over six weeks, we will focus on a different body area each week, using targeted Pilates exercises to help you recover and strengthen the affected muscles.

There will be an opportunity to ask questions and discuss healthy lifestyle habits such as sleep, nutrition and the mind/body connection to improve your overall health and wellbeing, all of which can impact your body, movement and injury.

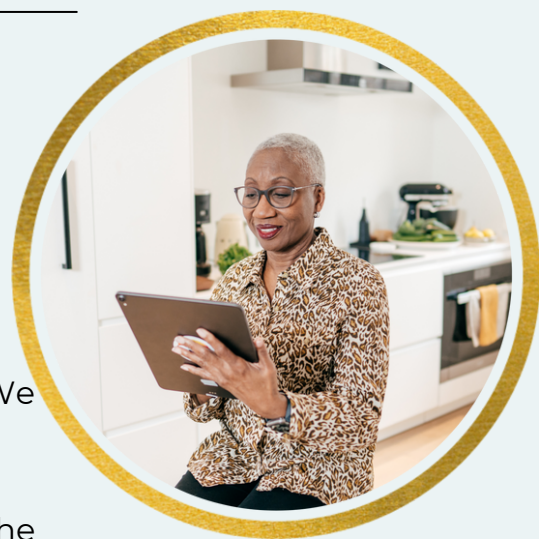
There will be recommendations for classes on the Goldster schedule that will benefit and complement this course.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

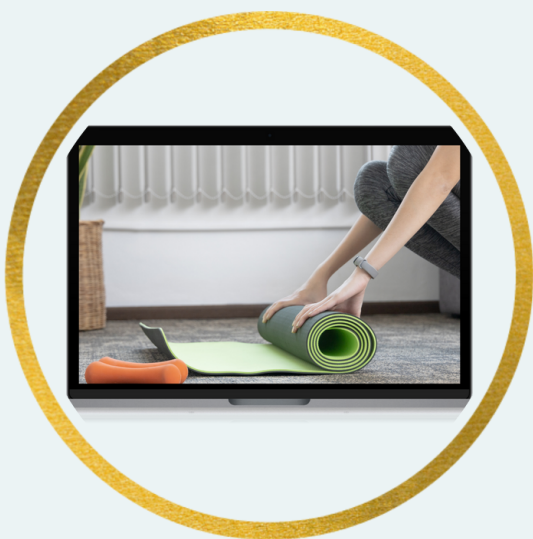
We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes. Don't worry about missing the coaching; you can catch up on the recording.
- Classes are based on the areas of strength, functional movement, flexibility, nutrition and multi-directional movement
- The coach will suggest classes on Goldster to help maximise your experience and benefit



"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Introduction

Why the core, breathing patterns, posture and alignment are important for all injuries.

Week 2 - Hips

Moving safely with a hip injury with a focus on the glutes and pelvis.

Week 3 - Knees

Knee and leg strengthening to help knee injuries.

Week 4 - Shoulders

Shoulder and arm alignment and scapular stability for shoulder injuries

Week 5 - Back

How to move the spine safely with pain and injury.

Week 6 - Neck

Neck mobility and strengthening, looking at safe stretches, neck positioning and upper body posture.

YOUR JOURNEY

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WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Jude Hirschheimer

Pilates and nuerokinectics

Expertise: Pilates and functional movement

Jude Hirschheimer is a dedicated and passionate Pilates and movement teacher with 15 years' experience teaching matwork classes. She has studied with various Pilates governing bodies as well as branching out to explore in-depth anatomy, breath-work, NeuroKinetics and functional movement.

"Move, everyday"

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6



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