



PHYSIOLATES

We are looking for an..

Associate Pilates Instructor



Job Description

Physiolates is part of the Tx Group: a growing private therapy company, providing a variety of health and education therapy services in the North West of England.

Physiolates is part of the Tx Group - a growing private therapy company, providing a variety of health and education therapy services in the North West of England. We strive to provide the best possible experience for our clients: through our specialist team members offering an exemplary clinical service, our support staff providing impeccable customer service and our organisation's overall dedication to providing the highest quality clinic facilities and resources.

Physiolates is a service designed and run by specialists who have a combined knowledge of Pilates and physiotherapy practice and are able to utilise the therapeutic techniques of both disciplines to aid with the treatment of injuries or health conditions and enhance results for clients. The service offers individual and group classes specifically tailored for a variety of clients with a focus on clinical issues, sports specific, pregnancy and general well-being.

We are looking for a Pilates Instructor to join our expanding team. The role will entail running Pilates classes on both an individual and group basis, ensuring programmes are developed according to the identified needs of clients.

This position may be of interest to one of the following individuals: Pilates instructor, Pilates teacher, yoga instructor, yoga teacher, exercise instructor, fitness instructor, a sports therapist or a physiotherapist with an interest in Pilates.

What does it take to be successful in this role?

To be successful in this role you would need to:

- Provide high quality sessions to all clients to maximise recommendations
- Maintain a busy diary and build on your client base to achieve full classes
- Stay true to the organisation's values
- Have a strong passion for health and fitness
- Be willing to work on your own professional development
- Be empathetic and patient to allow clients to maximise their potential
- Act as a champion for Physiolates

Job Description

The Ideal Candidate

The successful applicant must meet the following requirements:

- Qualified sports therapist / physiotherapist
- Experience working in health and fitness
- Experience of assessing and treating clients
- Recognised qualification in Pilates

Our ideal candidate will be client centred and possess excellent interpersonal and communication skills. They will be a confident and personable instructor, demonstrating the ability to work independently and manage and prioritise their own workload accordingly.

The successful candidate will be a professional, hard working, reliable and honest individual, who holds our clients at the centre of all they do. They will be focused on achieving the best results and creative and flexible in their approach.

A background image of a Pilates studio with several women performing exercises on blue mats. The image is overlaid with a semi-transparent blue filter. The text is centered and reads:

**PILATES
HELPS
DEVELOP A
STRONG
CENTRAL
CORE.**

Job Description

Title:	Associate Pilates Instructor
Salary:	Competitive
Location:	North-West
Hours:	Part-Time
Accountable To:	Senior Management

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Job Summary

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- To work as an autonomous practitioner in providing successful Pilates classes with up to 10 clients in each session.
- Provide individual assessments to one-to-one clients on their muscle imbalance and devise a program that would be individual to them and their specific needs
- To provide effective private sessions for individuals; this could be on a two-to-one or three - to-one basis.
- To liaise with other health care professionals, carers and relatives and provide education and training as required.
- To participate in developmental activities and also contribute to in-service training.



Job Summary

Responsibilities

Organisational Responsibilities

- Organising Pilates class plans and keeping them varied with different use of equipment to accommodate the individual's progression.
- Overseeing own personal clinical caseload and Pilates classes.
- To demonstrate effective time management and organisational skills during management of own workload and to be able to adapt to an unpredictable work pattern on a daily basis. This includes making patient appointments, coordinating with clinics, and liaising with other professionals for joint assessments and treatments.
- To ensure timely communication of assessment findings, treatment, outcomes.
- To keep accurate and up-to-date patient records, reports and statistics at all times in line with departmental professional and legal standards.
- To be responsible for complying with all mandatory training requirements.

Professional Responsibilities

- To comply with the Chartered Society of Physiotherapy codes of professional conduct at all times.
- To be responsible for personal continuous professional development by the use of self education, reflective practise, active participation in the in-service training programme and attendance at postgraduate courses as agreed in your personal development plan and to maintain a CPD portfolio.
- Where appropriate, participate in the appraisal system as appraisee, and intermittently an appraiser and be responsible for fulfilling agreed objectives and personal development plan.

Development and Service Improvement Responsibilities

- To have an active role in the planning, development, coordination and delivery and evaluation of the Pilates service to patients.
- To advise clinical lead on issues of service delivery.
- To be responsible for the implementation of clinical policies and protocols.
- To make recommendations for, and lead service development and improvements.
- To be responsible for ensuring a high level of quality assurance over all clinical services.

Financial Responsibilities

- As appropriate assess and identify new equipment to a client's clinical need. This may be privately funded or through requests to other agencies.
- To be aware of the funding arrangements of all patients.
- If appropriate be aware of the limits / restrictions on funding from third parties.
- Where appropriate liaise with third parties.
- If needed, ensure you get the best price for any products/services purchased.
- For above point, ensure all receipts are kept (paper or email).

Team Member Responsibilities

- Ensure through regular communication with team that the required skills and knowledge to meet the needs required of the role are updated and developed maintaining quality of all staff.
- Work well with all team members.
- Assist with the development of other team members as required.
- Actively participate as a member of the team to ensure the team moves towards the completion of the goals.
- Actively contribute to the work of the clinical team, promote the standards of care expected and create energy and enthusiasm for the service.

Teaching, Training and Professional Development Responsibilities

- To participate in the teaching and training of staff and other professionals as agreed.
- To develop a Clinical Professional Development Portfolio and a Personal Development Plan, according to professional standards, that documents the progress of gaining knowledge in areas of clinical expertise required for improving standards for self and service.
- To be able to demonstrate own clinical skills to a range of personnel including clients, carers, professional colleagues and other agencies.
- Recognise own development needs and identify in conjunction with how these can be met.

How to apply:

To apply, please send your CV and any covering information to careers@sltforkids.co.uk

A person is shown in a yoga pose, specifically a standing balance pose with one leg raised and arms extended. They are on a blue mat. The background is a solid magenta color with a faint, larger-scale pattern of the same yoga pose. The text is overlaid on the left side of the image.

**WE BELIEVE
IN ALWAYS
PUTTING THE
NEEDS OF
OUR CLIENTS
FIRST.**



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