



MOBILATES FOR REFERRERS

Inclusive movement and self-management support for people with long-term conditions

What Mobilates offers your patients

- Inclusive live classes on Zoom with options from bed, wheelchair, seated or standing
- Gentle Pilates, Yoga, Qigong, strength and fitness with clear, simple cueing
- Free initial consultation and safety screen, with follow up
- Confidence building and pacing to reduce flare ups and deconditioning
- Community connection to tackle isolation and support mental wellbeing

Who Mobilates is for

- Adults with chronic pain, fatigue, hypermobility, EDS/HSD, fibromyalgia, osteoarthritis, osteoporosis, MSK conditions, POTS, ME/CFS, Long Covid, cancer recovery, respiratory conditions, peri-menopause or menopause, anxiety or low mood related to long-term conditions
- People who struggle with standard classes, need seated or bed options, or prefer online delivery
- Not suitable during acute flare requiring medical review, uncontrolled cardiovascular or respiratory symptoms, or where movement has been contraindicated by a clinician. We are happy to discuss borderline cases.

How it fits in the pathway

- Step-down after physio, pain clinic or surgery
- Social prescribing option for community management
- Long-term self-management to maintain function and prevent deconditioning
- Supports NHS Core20PLUS5 priorities by removing cost, travel and accessibility barriers

Safety and onboarding

- Free 1:1 consultation and enhanced PAR-Q style safety screen
- Clear modifications, camera-off option for comfort, and predictable class structure
- Instructors hold relevant qualifications and safeguarding plus First Aid
- We encourage patients to share any red flags or changes before class and to seek clinical advice when needed

Evidence and outcomes

- 6+ years of delivery with continuous participant feedback
- Reported benefits include improved mobility and confidence, reduced isolation, better pacing and flare management, and increased daily activity
- Real-world evaluation ongoing with outcome tracking and case studies available on request

Access and cost

- Monthly membership with subsidised options to remove financial barriers
- Most classes delivered online via Zoom to avoid travel and venue barriers
- Free initial consultation so patients can try Mobilates without commitment



Environmental benefit

Online delivery reduces patient travel and venue use. Current estimates with 150 members suggest 0.86 to 4.32 tonnes of CO₂e saved per month through avoided car journeys, up to ~51 tonnes per year in the central case.

How to refer

- Complete referrals form
- Or ask the patient to self-refer at mobilates.com, then note your referral in the form
- We will complete the safety screen, book the free consultation and feedback attendance on request

Why Mobilates

- Lived experience instructors create trust and stickiness
- Highly adaptable session design for complex needs, from bed to standing
- Designed for inclusion including neurodivergent-friendly structure and a strong LGBTQ+ community
- Online first so rural, housebound or transport-limited patients can participate

Quick answers

- Class times: daytime and some evenings, UK time
- Data and privacy: GDPR compliant, paperless onboarding
- Safeguarding: Adults at Risk policy, First Aid trained instructors
- Languages and accessibility: Plain English, closed captions available on Zoom, camera optional

Contact the team

Email: info@mobilates.com

Website: www.mobilates.com

We are happy to provide a short briefing for your practice team or PCN, plus sample case studies.