



All Care Physiotherapy Newsletter

AUGUST 2009

Clinical Pilates



The Team

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We are excited to now be offering clinical pilates at all care Physiotherapy.

Pilates is an exercise approach which aims to improve body control and movement patterns focusing on strengthening and flexibility. It is an exercise



approach that works on your postural muscles.

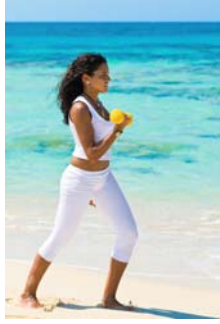
Pilates can help to:

- Reduce pain
- Strengthen your muscles
- Improve your posture
- Improve muscle tone
- Increase energy levels
- Improve flexibility
- Rehabilitation after injury or surgery
- Relieve stress and promote relaxation

We offer equipment based pilates which can produce a better outcome for your efforts than would a mat work program.

Before undertaking any exercise, we provide musculoskeletal assessment to tailor make an exercise program specifically for you. You can be assured that you will be instructed safely knowing that an expertly trained Physiotherapist will be teaching you.

* Our clinic is open from 7.30am to 6pm Monday to Friday



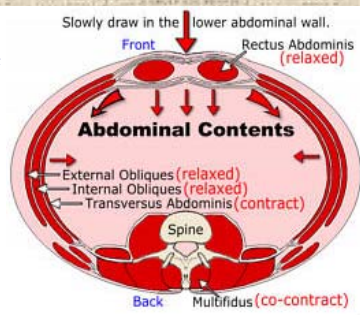
What are 'core' muscles?

Core stability muscles used in Pilates

Your core muscle (transversus abdominus) is an important muscle exercised with Pilates. The core muscle helps to support your spine and back.

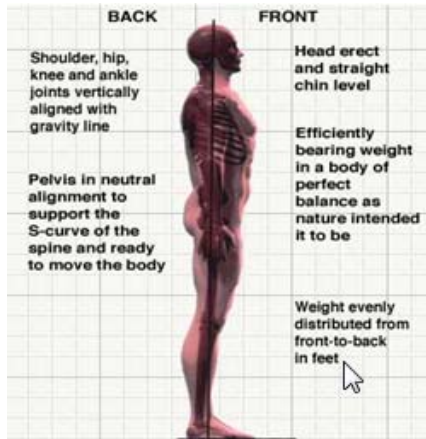
At your initial assessment we will assess your 'core' muscle

using our Diagnostic Ultrasound which you will be able to visualize on the monitor. This assessment will ensure you are able to properly activate your core muscles so you get the most out of your pilates session. The better you know how to activate it, the better results you'll gain from pilates!



Cross section of lower trunk showing core muscle (transversus abdominus)

Posture is an important component of Pilates!



Ref: <http://www.tips.net>

Tips for better posture

- Imagine a piece of string attached to the top of your head pulling you up
- Gently pull your shoulder blades down and back
- Gently pull your chin back so your head isn't poking forward
- Pull your core muscles and bottom muscles in and maintain a small curve in your lower back



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you
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20 % OFF YOUR INITIAL PILATES CONSULTATION

This certificate entitles the bearer to 20% OFF an Initial Pilates Assessment from the team at All Care Physiotherapy

Expires 30 November, 2009

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