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Welcome to our **Newsletter** ...  
Designed to provide you with  
current information about  
**Physiotherapy...**

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**St George Physio**  
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For all your Physio Needs...

Assessment  
Diagnosis  
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Rehabilitation

**St George  
Physio therapy**

a leading Physio Clinic  
of excellence in  
Blakehurst.

We tailor specific,  
individualised and evidence  
based treatment plans that  
are specific for your injury.  
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and tailored treatment plan  
call **9546 6880** and make  
an appointment today...



this issue  
**Physio & Pilates**  
Increased Flexibility & Balance  
for ALL!!!  
News St George Physio...

### What is Pilates?

Pilates is a form of exercise that originated with German Joseph Pilates in the early 20<sup>th</sup> century. He developed a system of exercises which were intended to strengthen the human mind and body, as he believed that mental and physical health are interrelated. He encouraged "correct" breathing and spinal alignment in his teachings. Traditional Pilates is often used by dancers for "conscious control of all muscular movements of the body".

*"Pilates develops the body uniformly, corrects wrong posture, restores physical vitality, invigorating the mind and elevating the spirit"*  
- Joseph Pilates

### What are the Core Muscles?

Good core stability requires a combination of neural control, active stability and passive stability. The deep stabilising muscle of the core consists of:

- transverse abdominus
- diaphragm
- multifidus
- pelvic floor
- deep neck flexors &
- shoulder retraction muscles

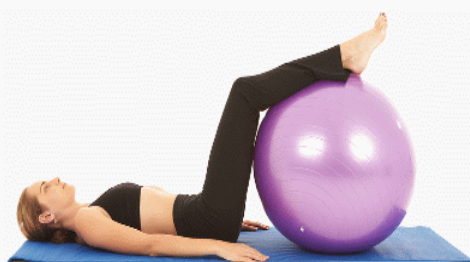
It is essential that a stable, controlled pelvis and shoulder girdle is maintained, before we move any other parts of our body.

*"Co-ordination between the deep stabilising muscles and the superficial muscles = Optimal Function"*



It is well accepted that poor functioning of the deep trunk musculature in everyday activities can lead to low back pain. Equally; when our deep neck flexors are not functioning correctly it can result in neck pain.

The presence of pain further inhibits the deep stabilising muscles which can only be rectified by the implementation of a core stability program, aimed at re-training these deep trunk muscles.



### Clinical Pilates

There are many benefits to exercising and strengthening our core through clinical pilates sessions. These include improved posture, co-ordination, flexibility, strength and balance. It can also help you relax and reduce pain. Clinical pilates is great for everyone, no matter what age, fitness or injury level.



## News from St George Physio Clinic....

Make sure to 'Like' to our **Facebook** page to show your support and get access to tons of article and video links.

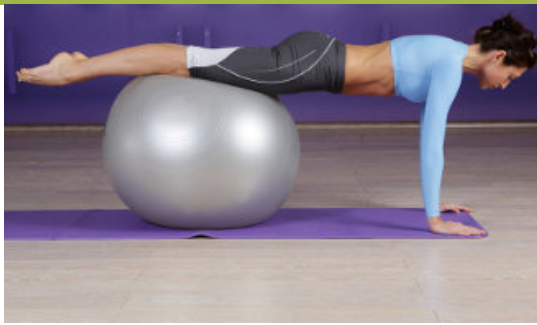
We will soon be posting information on open pilates sessions, so join Facebook for all the latest info on availability:

[www.facebook.com/  
StGeorgePhysioAndPilates](http://www.facebook.com/StGeorgePhysioAndPilates)



Don't forget about our **Running Video Assessment** service.

This is a great way to iron out any technique flaws before you start training for the City to Surf.



### Why Pilates?

Over the last few decades significant medical research has been conducted which supports the importance of a CORE STABILITY programmes in the management of people with back or neck pain. Muscle imbalances that cause pain often develop due to;

- poor posture
- adoption of poor working postures
- sporting injuries
- repetitive strain on structures of the body

Our muscles become short &/or tight, and others weak &/or long. We still move, but inefficiently, often "cheating" by adopting a different combination of muscles to achieve the movement. After awhile these bad postural habits feel normal and it's not until pain occurs do we realise that there is a problem.

It is now thought that correct movement patterns become automatic through repetition. This focus on muscle control, rather than traditional weights or strength training, is achieved by exercises which challenge and facilitate the use of the core (postural) musculature.

Pilates must progress from simple isolated movements to dynamic and complex exercises with good postural alignment to restore natural, normal movement.

### Physio & Pilates

As we focus more on control of muscle activity rather than the traditional strengthening methods, in rehabilitation of pain a "new" approach to exercise has been developed to satisfy the research evidence.

While traditional Pilates focuses on muscle control, under various loads, it may be in potentially unstable positions for those with pain or injury.

Refinement of the building blocks of Pilates was needed to improve its safety and validity in stability training in a clinical setting. .

### At St George Physio - It's All About You!

At St George Physio each client undertakes an Initial Pilates Assessment with a Pilates trained therapist which may involve the use of real time ultrasound to ensure correct muscle activation. We then offer a range of options that are tailored to your individual needs either on a 1:1 basis or small group classes to insure personalised attention and safe progression of exercises.

Pilates may either be

- equipment or • matwork based

At **St George Physiotherapy** we balance our hands on approach to injury management with clever, individualised exercise prescription. Our aim is to not only rehabilitate the injury being treated, but also aim to prevent its recurrence.

If you would like further information on whether Pilates is right for you, ask your physio or book an initial assessment **9546 6880**

This "new" scientific approach to Pilates, known as Clinical Pilates, has been developed by Australian physiotherapists over the last few decades to reflect the latest research evidence in core stability training

**Clinical Pilates** is now being recognised and adopted worldwide: it is a well established method of exercise for rehabilitation after an injury or to manage back & neck pain. Pilates provides good control of the muscles to allow the joints to be held in their optimal positions. This occurs when both the muscles which mobilise and stabilise work in balance, so that there is minimal wear and tear on the joints, producing smooth and efficient movement.

### Pilates at St George Physio

Pilates based exercise prescription can be used in conjunction with other physio techniques where clinically appropriate. It utilises coordinated breathing in the exercises to enhance spinal stability.

Pilates at St George Physiotherapy has a focus of improving health and fitness while preventing injuries. Clinical Pilates is suitable for people of all ages and abilities- it is an excellent treatment choice for people with chronic neck and back pain, and for patients with overall deconditioning. Pilates can be performed for:

- injury rehabilitation
- injury prevention
- fitness
- improving posture
- improving balance
- neck and shoulder pain
- back and pelvic pain
- hip and knee pain
- improving sporting performance
- chronic pain
- rehabilitation after motor vehicle or work related accidents
- recovery from sports injuries
- enhancing general well being

