



REVIVE

RESHAPE REBALANCE REFORM

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Editorial:

They say that what you resist the most is what you most need. During a recent visit to my favorite health retreat, Gwingana, I was confronted with the ugly truth that my Yin and Yang are out of balance. I am always ready to take things on full speed—the harder and faster the better. What really challenged me during my stay wasn't the hiking, boxing, weights and deep water running, it was the

meditation, deep breathing and Thai Chi—the slow controlled centred stuff that reduces stress and anxiety, helps you connect to your breath and reconnect with your soul. It is very confronting when you realise that you really don't know how to get into the space and place where you can rest a busy mind, calm your whole system and actively achieve relaxation (while you are still awake). What is also intriguing about this sort of practice is that it also reduces your cortisol levels—cortisol is one of the stress hormones that if not regulated properly will cause poor sleeping habits and make it impossible for you to lose weight. High cortisol levels over a long period of time will make you tired, fat and cranky. By understanding the underlying physiology of stress and hormones you can better plan your exercise regime and factor in some more Yin activities—give it a try if you dare—you will feel more energized and calm—good tools to arm yourself with this time of year—

Have a safe and relaxing Christmas -

Jules

November / December Specials for City Studio

Pilates Start Up Special

Three one on one sessions including an assessment with a Physiotherapist and real time ultrasound of your deep abdominals and your personalised equipment Pilates

program Plus 10 Group equipment sessions: \$540 (Value \$730)

Massage Specials

5pack \$350 (value \$440)

10pack \$600 (value \$880) Book 5 weekly massages consecutively on Mondays with Catalina for \$250

Physiotherapy Special

Book and pay for an initial Physiotherapy consultation and receive a \$30 gift voucher for an Equipment Pilates service of your choice.

*Conditions apply

Preventing Shoulder Pain

The shoulder joint is comprised of the ball and socket joint of the glenohumeral joint (made from the humerus and shoulder blade), the shoulder blade (scapula) resting over the rib cage, and the joints in which the collar bone attaches to both the sternum and scapula.

We need a wide range of movement for function of the shoulder and because of this stability can be compromised. Correct function of the joint requires the muscles attaching



to the scapula, humerus and rib cage to work together to stabilise both the ball and socket joint, and the scapula as you move your arm. Think of the glenohumeral joint (ball and socket joint) as a seal with a ball on its nose.

To keep the ball on the nose the seal must keep the nose central under the ball. In the same way, as the humerus moves to lift/reach with your arm, the shoulder blade must move to catch up with it. The 4 rotator cuff muscles work together to keep the ball central in the joint as you move.

Pain can often arise when these muscles become dysfunctional. Dysfunction is often caused by poor posture, in which the shoulder is held in a forward position. Over time, the muscles at the front of the joint (pectoralis major/minor) become short and tight, and the muscles at the back (rotator cuff) become lengthened and weak. These changes inhibit the muscles from stabilising the joint correctly and can lead to impingement of the rotator cuff tendons as you lift or reach with your arm.

Often you can have these changes to the muscles around the shoulder without realising it. It is not until you start a repetitive movement (ie. Swimming or tennis) or lift an object awkwardly that the tendons are caught and the cycle of injury and pain begin.

This can all be avoided by speaking to your physiotherapist about appropriate stretches and exercises to maintain the balance and function of your shoulder. Postural advice and an ergonomic desk set up are crucial to prevent unnecessary strain on the shoulder joint.

Rachel Wells, Physiotherapist

REVIVE GIFT VOUCHERS ARE AVAILABLE FOR GREAT CHRISTMAS GIFTS—MASSAGE, PILATES AND ENDERMOLOGIE PACKS OR A VOUCHER OF ANY VALUE FOR YOUR LOVED ONE TO SPEND AS THEY WISH!!



Motor Learning—Re-training post injury

After ANY injury, the body loses it's ability to move properly and efficiently. Somewhere near the point of damage (and sometimes far, far away), certain muscles become tight to help protect it and certain muscles become weak...setting up an evil cycle of poor movement patterns. This cycle never really breaks, even when pain is gone and the injured tissues are healed, unless you work on it...over and over again.



There are certain steps to re-learning how to use your muscles properly: first you need to be aware you are moving incorrectly, then you need to learn how to do it right with feedback, then you learn how to do it right on your own, then it becomes automatic. But, neurologically, it takes 50,000 repetitions of a correct activation pattern for it to become automatic!!!



Physiotherapy and Pilates are a great combination to overcome new and old injuries and address the abovementioned "evil cycle". A physiotherapist will assess and treat an injury (whether new or very, very old) and start you on your journey in restoring proper movement patterns. Pilates takes it another step further in improving, practicing and repeating the new movement or skill and finally integrating it into your functional task, whether it be sitting at your desk, running along the river or playing your favourite sport.



Lori Forner, Physiotherapist

HEALTH IS THE THING THAT MAKES YOU FEEL THAT NOW IS THE BEST TIME OF YEAR.

Franklin P. Adams



Exercise of the month: Side Bend Prep...with Lori

Supporting knee on mat. Hand in line with knee. Develops strength and initiation through arm, shoulders and scapular stabilizers.

To prepare, inhale...



Exhale: stabilise supporting shoulder and lift pelvis toward ceiling, keeping bottom knee on mat and creating bow shape from hand to knee. Reach arm overhead.

Inhale: lower pelvis to mat and return to starting position.

Modification



Starting position: Seated on one hip, facing side, pelvis and spine neutral. Knees flexed with top leg laterally rotated, flat foot on mat slightly forward of sit bones. Bottom leg resting on mat with foot behind top foot. Torso supported on one hand in line with hip, arm extended. Top arm extended, resting on knee, palm up.



Inhale: Stabilise supporting shoulder, and lift pelvis toward ceiling, laterally flexing torso, extending knees and connecting inner thighs to create a bow shape between hand and feet. Simultaneously, reach arm overhead; eye focus straight ahead.

Exhale: flex knees and lower to mat, returning to starting position. Lower free arm to knee.

Repeat 3-5 times each side.

Know you're A, B, C's and double D's!

As you look towards the new year and the goals you wish to reach you may be gearing up your exercise routine. We all know the right footwear is vital to reduce the risk of injury when exercising but have you ever considered the damage that the wrong bra can do?

Unlike muscles which can repair themselves, breasts connective tissue are made up of suspensory Cooper's ligaments which, when unsupported during exercise, can stretch and lead to irreversible breast sag. Think of a great-performing sports bra just like you would a pair of technical running shoes—essential equipment to help you perform your best.



When considering the correct bra fit keep these guidelines in mind:

- The breast must be completely covered (to stop up and down movement)
- Should have a wide padded strap to avoid nerve compression
- Ensure the front band is on the breast bone as this is the support site for the breast
- Wide band at back and should increase in width with increased breast size
- Breathable and sweatable

Rachel Wells- Physiotherapist