



REVIVE

RESHAPE REBALANCE REFORM

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APRIL 2010 NEWSLETTER



Editorial:

Last month we focused on Men's Health Issues with our first health seminar of the year. Now it's time for the women!

Read below about our next dynamic and fun speaker who will facilitate a few hours of fun to help you reconnect with your true self and reclaim your sacred femininity—don't miss out as numbers are strictly limited for this event.

Girls—I would also like to draw your attention to the special skills of one of our City physiotherapists. Lori Forner (physio and pilates clinician) has a very special interest in the area of Women's Health—this means all of the embarrassing things no-one really wants to talk about—pelvic floor dysfunction and incontinence. These are widespread and common issues for women, so don't be shy—book an appointment with Lori and get it sorted as this type of dysfunction will only worsen with time and without intervention.

As the weather cools down it is a perfect time to get outside and take a brisk walk or bike ride—if you are looking for inspiration—“CANTOO” launches in Brisbane this month - so to raise money for a good cause and find the skills and motivation to run 10—42 km visit www.cantoo.org.au

Have a great April - *Jules*

START PILATES IN APRIL...

Equipment Pilates Start Up Pack

Includes three one on one sessions, an assessment with a Physiotherapist and real time ultrasound of your deep abdominals and your personalised Equipment Pilates Program. Plus 10 Group equipment sessions.

\$590



IF YOU'VE ALREADY STARTED PILATES...

Equipment Pilates pass of 20 = **\$720**

Equipment Pilates pass of 30 = **\$1020**

Revive's Second Health Seminar for 2010

Wild Wise Women- Tuesday 25th May

Join us for a few fun filled hours with the dynamic Jo Brown in our Ashgrove Studio. Jo is the founder and team leader of Urban Sanctity.

A corporate past life as an internationally branded marketing strategist led Jo to burn-out and to move in a completely new direction. Jo has since spent many years training under the tutelage of some of the world's leading physiotherapists, motivational speakers and relaxation and movement specialists.

She has practiced in private clinics around the world including Bristol UK, Capetown South Africa, McMahons Point Sydney and the Gold Coast Australia. She has also been contracted by one of the UK's primary authorities on natural remedies - Neals Yard and Australia's leading health care pioneers including The Golden Door Health Retreat, Camp Eden, The Cape Retreat and Gwinganna Lifestlye Retreat.

Jo is now a body-mind specialist and corporate facilitator who offers programs to guests at prominent Australian health retreats alongside medical physicians, a nutritionist and sports physiologists. She also travels internationally to facilitate events and hold rituals and blessings for individuals, groups and businesses.

“Women's identity and roles continue to shift. Today, more and more women recognize that congruent women, strong women need to embrace their feminine power.

It is time for women to give themselves and each other permission to reclaim their sacred femininity and let go of social norms that find them living predominantly through their masculine selves. This has a ripple effect on families, businesses and communities. Urban Sanctity offers programs to help facilitate this change; programs that touch many aspects of the human experience”

Where: Revive Ashgrove Level 1, 240 Waterworks Rd, Ashgrove

Cost: \$30 per head (light supper provided). Payment is required at time of booking to confirm your place

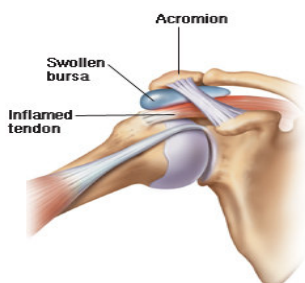
RSVP essential by 10th May: Phone 33660 500 for bookings and payments

* PHYSIOTHERAPY(GENERAL & SPORTS) * PILATES (MAT & EQUIPMENT) * MASSAGE * YOGA * ACUPUNCTURE



Sore over the tip of your shoulder? You may have “subacromial impingement”.

Your shoulder consists of a ball at the top of your arm bone that sits under an arch formed by the shoulder blade called the acromion. The space between the two bones is called the subacromial space. The shoulder needs to be very flexible to do the multitude of tasks we expect from it. Therefore the joint is not very stable and we rely on good muscle control from the rotator cuff muscles which surround the joint. One of the muscles is called the supraspinatus and the tendon runs through this space. Also the subacromial bursa, a small pocket of fluid to protect tissues from friction, sits here. If the space is narrowed these tissues become compressed, eventually causing injury and pain known as “subacromial impingement”. A slouched posture and dropping the shoulder as you use the mouse are two common causes that narrow the space. Good sitting posture helped by a strong core, good shoulder blade stability and a good ergonomic desk setup are essential to prevent or cure this injury. Speak to our Physiotherapists to find out more.



“YOUR OUTLOOK ON LIFE IS A DIRECT REFLECTION OF HOW MUCH YOU LIKE YOURSELF”

lululemon  athletica

STAFF UPDATE

Jeannie Kim is our newest member of the Revive City team. Jeannie is a Korean speaking Physiotherapist and completed her Bachelor of Exercise Science degree and Master’s of Physiotherapy at Griffith University. Jeannie has a strong interest in working with people suffering from headache and lower back pain.

Claire Oxley also joined our City team last month. She completed her Physiotherapy studies in 2004 and is also a Clinical Pilates Instructor. She treats in the city Monday, Wednesday and Thursdays.

Ann Ryan is our latest Physiotherapist to join the Revive Ashgrove team. She completed her Physiotherapy studies in 2009 and her dance medicine Australia to become a Pilates clinician. Ann works Monday to Thursday and Saturdays.

Catalina Sanchez is one of our massage therapists at both our City and Ashgrove studios. She is a Physiotherapist from South America who graduated in 2003. She worked for five years in a private practice treating musculoskeletal and neurological condition. She has experience in sports clinics and physiotherapist centers in her home country. Congratulations to **Louise O’Sullivan** who came 4th in the Triathlon State Championships in Newcastle last month!

Lori’s exercises of the month: Foam Roller Push Up

Starting exercise:

Keeping a neutral spine, place hands on the centre of foam roller shoulder width apart, fingers pointing straight.



To prepare, inhale...

Exhale: as you lower, flex elbows diagonally to lower torso to the mat

Inhale: Stay.



Exhale: extend elbows to full push up and starting position.



Modification for the more advanced:

Repeat the above with one leg lifted up and your pelvis square. This tests balance and stability on three points instead of four.



Complete 5 repetitions

Easier option on your knees:

To prepare, inhale...

Exhale: as you lower, flex elbows diagonally to lower torso to the mat



Inhale: Stay.

Exhale: extend elbows to full push up and starting position.



PERSONAL TRAINING AT REVIVE ASHGROVE

APRIL ONLY INTRODUCTORY OFFERS

Step 1. Book a 30min ‘Free PT consult’.

This session is about discussing your goals to determine the direction and focus of your personal training. **FREE**

Step 2. Book in for a 1 hour Initial Personal Training Consult. This session includes measurements, body fat test and your first revive workout. **\$60**

Step 3. Choose from the following options:

Casual half hour sessions \$45

6 x Half hour sessions \$240 (\$40 per session)

10 x Half hour sessions \$380 (\$38 per session)

OR

Casual one hour session \$70

6 x One hour sessions \$408 (\$68 session)

10 x One hour sessions \$650 (\$65 session)

Step 4. Schedule your appointments for the same time each week and see the results!

