



REVIVE
PILATES & PHYSIOTHERAPY

DECEMBER 2008 NEWSLETTER



Editorial:

Just a short note this month to wish you all a very peaceful and safe Christmas and New Year. Many thanks to all of our fantastic clients who we have thoroughly enjoyed working with this year. Equally thanks to my wonderful staff who have pushed, pulled, cajoled, supported, cared for and laughed with many of you. People make REVIVE what it is—a living breathing place where we hope to continue healing, nurturing and making positive changes in people’s lives.

Here’s to a fresh New Year in 2009—Take good care, *Jules*

CHRISTMAS SPECIALS

Pilates Specials

Pilates Start up pack—3 one on one sessions including an assessment with a physiotherapist and real time ultrasound of your deep abdominals + your personalized equipment pilates program PLUS 10 group equipment sessions.

\$520 (value \$730)

20 group pass (equipment pilates) plus receive a Revive t-shirt and water bottle

\$680 (value \$940)

30 group pass (equipment pilates) plus receive a Revive towel, pilates DVD and Revive

waterbottle

\$960 (value \$1410)

Massage specials

5 one hour massages for \$350 (value \$440)

10 one hour massages for \$650 (value \$880)

CHRISTMAS OPENING HOURS

Ashgrove

Christmas Eve(Wednesday) 7 am—5 pm

Christmas Day Closed

Boxing Day Closed

Saturday 27th 8 am - 1pm

Monday 29th—7am—8pm

Tuesday 30th 7 am—8pm

Wednesday 31st—7 am—5pm

Thursday 1st Jan—Closed

Friday onward normal trading hours

City

Christmas Eve (Wednesday) 7 am—2pm

Christmas Day Closed

Boxing Day Closed

Monday 29th - 7am—7pm

Tuesday 30th - 7am—7pm

Wednesday 31st—7am—5pm

Thursday 1st Jan—closed

Friday onwards normal trading hours



PRE AND POST NATAL CARE

Revive can offer you a range of services during this exciting time. As experienced physiotherapists with a particular interest in exercise therapy for health and well-being, we are well placed to be able to give you advice and tips on looking after yourself during your pregnancy and helping you maintain your fitness once you have delivered your baby.



We can offer:

- Pre natal physiotherapy screenings - an in-depth assessment of your posture and spine with an emphasis on education about the pelvic floor, deep lower abdominal muscles (including a real-time ultrasound scan of your deep abdominals) and the best form of exercise for you during your pregnancy.
- Pregnancy massage - a great way for you to maintain your spinal health, reduce swelling in the ankles and relax for an hour.
- Pregnancy pilates classes help maintain and improve your general fitness and strength during your pregnancy.
- Referral to other health professionals (lactation consultants, midwives and women’s health doctors).

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STAFF NEWS

This month we welcome to **Selina Tannenberg** to our Ashgrove Studio. She is a Physiotherapist and Pilates instructor who graduated from UQ in 2000. She has special interest in Clinical Pilates, spinal physiotherapy, hydrotherapy, sports injuries and orthopedics.

Also new to Ashgrove is **Catalina**. Catalina is a Columbian Physiotherapist and she joins us as a massage therapist. She is available at the moment on Saturdays with her availability to increase shortly.

We welcome **Jacquilyn Gulot** to our City Studio. Jacquilyn is an experienced pilates instructor with a background in dance and will instructing equipment and mat classes.

We welcome **Anne Wilby** who has started with us as our new massage therapist in the City. She has recently finished her exercise science degree and is currently in her 4th year of Physiotherapy at Griffith University.



An Irish Philosophy on Worrying

In life there are only 2 things to worry about—Either you are well or you are sick

If you are well there is nothing to worry about, but if you are sick there are only 2 things to worry about—either you will get well or you will die

If you get well there is nothing to worry about— but if you die, there are only 2 things to worry about

Either you will go to heaven or hell. If you go to heaven there is nothing to worry about and if you go to hell, you'll be so busy shaking hands with all your friends you won't have time to worry!!

abi and joseph



We now stock a range of Abi and Joseph quality Pilates and Yoga wear in studio. With a strong focus on quality and detail, the designer range has multi functional appeal for the active Australian Lifestyle.

We also stock their Non-Slip Socks perfect for Pilates workouts, Yoga class or just for wearing round the house.



KNEE CAP PAIN?

By Kirsty McNab

Sports Physiotherapist

Anterior knee pain is the most common presenting symptom in many physiotherapy and sports physician practices. There are many causes of anterior knee pain. Careful and thorough examination is required to distinguish which structure is producing pain therefore providing the best treatment and ensuring optimal recovery.

Patellofemoral pain is the most common cause of anterior knee pain. The patellofemoral joint is between the knee cap and the femur, the bone in the upper leg. Pain is caused if the knee cap sits in the wrong position in the joint, known as patella maltracking. Symptoms are often caused by running (especially down hill) on stairs, hills, doing weight bearing exercise involving knee bending or prolonged sitting. Pain is over the front of the knee but can also be more to the inside (medial) or outside (lateral) of the knee. Clicking and/or swelling often occurs. Treatment must be directed at correcting why the kneecap sits in the wrong position. As well as the knee, the hip and foot may need to be treated. Specific strengthening (particularly of the VMO, a small muscle on the lower part of the thigh is essential to ensure good, long term outcomes), stretching and balance exercises have also been shown to be beneficial.



Our physios will assess your knee to ensure correct diagnosis and guide you through a specific program to get you on your feet again!

Endermologie at Revive



We continue to see great results using Endermologie at REVIVE. We now have two trained endermologists (Kath and Aileen) and Anne is being trained in the new year. We offer a free 20 minute consultation with an endermologist if you are curious about how it could work for you. So if you want to see these results book in for this short sessions and get started so you can show off your new body at the beach this summer (Lipomassage is also now available—shorter more intense sessions starting at \$40 per area)

- Reduced fat volume in places that are unresponsive to exercise (abdomen, thighs and buttocks) - without surgery
- Reduced cellulite
- Improved lymphatic function—better skin condition and less fluid retention
- A great Christmas gift for you or your loved one!

