



# REVIVE

RESHAPE REBALANCE REFORM

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## 2012 JANUARY NEWSLETTER



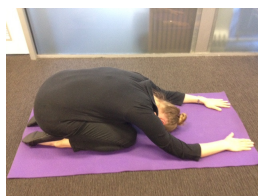
The start of a new year is always a great time to take stock of things that matter to you in your life. Typically we resolve to lose weight, do more exercise, drink less, drink more (water that is) and keep our work- life balance balanced. The statistics on how many of us actually keep our new years resolutions is a bit daunting - less than a quarter of people in general manage to keep to their

resolutions. Those successful in reaching their goals made fewer resolutions, broke the task down into smaller goals and rewarded themselves when they reached them. Also they told people about their plans - ( makes you more accountable ) and concentrated on the positives not letting a set back deter them from staying on track. Having a specific step by step plan and keeping a diary are also useful tools to keep you on track.

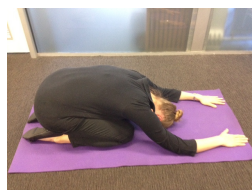
At Revive we are well placed to help you set your goals and keeping you on track so you achieve them. Whether you decide to tackle chronic back pain or to finally start pilates or to lose weight- our experienced staff are here to support you, encourage you and keep you accountable so you can be one of the 25% who manage to keep their new years resolutions in 2012. Take care -

*Jules*

### Exercise of the Month: **Shell Stretch**



**Start Position:** Sitting on heels, knees bent. Body forward over legs, and hands on floor in front of you.



**Exercise Movement:** Inhale set abdominals and breath into rib cage keeping head and shoulders soft.



**Exhale:** Try extend out a little further.

*Repeat for five or six breaths.*

### January Specials

#### Pilates Stat-up Pack

(includes initial, 2 x 1:1's and 20 Equipment groups)

\$1065 (save \$200)



#### Bring a friend for free!

Come along to one of our Yoga or Core classes this month and bring a friend for free.

- Health rebates still apply!
- Excludes Wednesday 7pm Yoga



### Falls Prevention Program

Preventing slips, trips and broken hips!

Join our Physios for this 8 week education and exercise course.

Starting Tuesday 24th January at 11am.

Maximum 10 participants with supervision from 2 staff members.

Bookings are essential.

\$240 - Health rebates apply.



Meet new friends

Improve your balance

Increase your confidence

## The dangers of high heels

Do you think you need a new pair of high heels? Think again. So many women are obsessed with high heels even if they are painful and uncomfortable and can cause significant changes to your posture.



Sprained ankles, hammertoes, nerve damage and even knee arthritis are common problems linked to wearing high heels regularly. High heels are bad for the body as a whole, as they put increased pressure on the feet, hips and lower back, requiring the rest of the body to adjust to compensate. Wearing high-heeled shoes positions the feet downward, thus placing more pressure on the forefoot. This position increases the stress through the knee joint and increases anterior pelvic tilt. This results in increased lumbar lordosis (or inward curve) in the lower back as well as pain and discomfort in this area and can also increase spinal curves and stress in the thoracic and cervical spine.

Wearing heels also affects your walk. Women tend to think that when it comes to heels, the higher they are, the better they look. This thought is completely wrong for high heels affect the walk. The whole body puts pressure on the forefoot, making legs unable to apply balanced strength on the ground when walking. This in turn puts pressure on the hips and muscles in the legs, making these muscles work harder to move the body forward. Also, since the knees remain bent, it affects the knee muscles as well.

A British study published in the Journal of Experimental Biology stated that women who wear high heels on a daily basis had a 13% shortening of calf muscles and a noticeable thickening of the Achilles tendon, making it painful to stand on the ground barefoot. Another study, which was presented in the annual meeting of the American Society of Biomechanics in 2010, stated that high heels increased the compression inside the knee, creating additional joint pain and strain.

So...if you wear high heels for a 40 hour work week and participate in exercise such as walking, running, netball or other team sports and wonder why you have repeated feet, ankle, knee or lumbar spine problems then your footwear may just be contributing! Be mindful of the effect of footwear on your body and if you just cant get enough of your heels then ensure you know your stretches well so you can complete these very night. If you have any questions on footwear or would like to know more on what you can do to reduce the impact of heels on your body please don't hesitate to contact one of the friendly physios at Revive



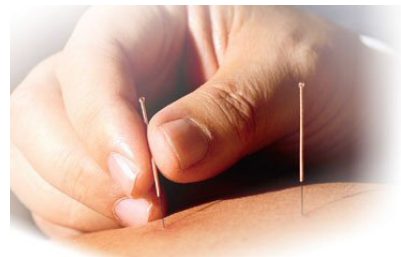
*Life is not about how fast you run or how high you climb but how well you bounce.*

## Dry Needling

Dry needling is a form of acupuncture commonly used by physiotherapists. It involves the insertion of fine needles into body tissues. Classic acupuncture or trigger points can be used. Needles are often inserted using a plastic guide tube which is slightly shorter than the needle. A quick tap on the needle and it is inserted through the skin surface, the guide tube is removed and the needle then pressed in further to the required depth. Needles can be inserted perpendicularly or obliquely into the tissue. The needles can be left in position or the physiotherapist may manipulate them depending on the technique being applied. Generally needles are left in for 10-15 minutes, although some treatments may be shorter or require more time.

According to Oriental medicine pain can be a result of a blockage and/or stagnation of acupuncture energy which is known as "qi" (chi) and acupuncture is designed to increase the flow of qi energy to stimulate healing and pain relief. Western medicine has found that acupuncture works on the nerve pathways to reduce pain, relax muscles and stimulate healing.

Acupuncture or dry needling should only be applied by trained professionals who have completed the appropriate post graduate education. We have clinicians at both sites who can provide this service.



## Client of the month

**Natalie Cook**

*(Olympic gold medalist 2000, Olympic bronze medalist 1996' OAM)*

Natalie has been playing beach volleyball at an international level for eighteen years. The physical toll on her body has been a number of injuries over the years that have required long and intensive physiotherapy and rehab. Nat became a client at revive in 2004 When she was recovering from a serious shoulder injury that caused her to narrowly miss out on a bronze medal in Athens. Natalie is currently preparing for her fifth Olympic games. She has recovered well from knee surgery earlier this year to be playing well on the FIVB world tour.

Nat uses a combination of physio and pilates to recover from injury and help keep her self in the condition required to play sport at an elite level. Nat approaches her rehab with complete professionalism, determination and hard work. It's this amazing focus and passion for her sport and being the best she can be that deserves recognition from the people that provide her care - congratulations Nat - keep up the great work.

