



REVIVE

RESHAPE REBALANCE REFORM

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APRIL 2011 NEWSLETTER



Welcome to our April newsletter. It's that time of year when the weather starts to cool down and we find ourselves with a bit more energy than when we are sweltering in the middle of Summer. Now is the perfect time to spend some more time outdoors getting some safe sunshine exposure. There is increasing awareness in Australia about Vitamin D deficiency caused by the reduced time we all spend in the sun.

When you think about it, how much actual exposure to sunlight do you get everyday? A number of health problems are directly linked to Vitamin D deficiency including osteoporosis, depression, some cancers, some bowel disorders and Vit D deficiency could also be related to obesity and weight gain.

The best way to make sure you have adequate levels of Vit D is to get about 15—20 mins of direct sun exposure to your skin before 10 am and after 3 pm. So an early morning or afternoon walk is ideal. If you are concerned about your Vitamin D levels your GP can test this. If you are on antidepressant medication, you need adequate levels of Vit D to ensure you respond to the medication. If you can't get out and about in the sunshine you can take a supplement to improve your levels.

Enjoy April and the lovely weather it brings—take care *Jules*

Exercise of the Month: SWAN DIVE PREP



Start position: Prone neutral spine. Arms bent, hands near shoulders. Legs straight along mat shoulder width apart. Inhale set core and stabilise shoulders.



Exercise movement. Exhale extend spine off mat as far as maintaining core and shoulder control.



Inhale: Maintain this position.



Exhale: Return to start position keeping legs on mat. Repeat 6-8 times.

APRIL SPECIALS

YOGA

5 Pass \$95 (Usually \$110)

10 Pass \$180 (Usually \$220)



EQUIPMENT PILATES

Start Up Pack—\$620 (Save \$175)

Includes 3 x 1:1 and 10 x Groups

20 Group Pass -\$800 (\$40 ea)

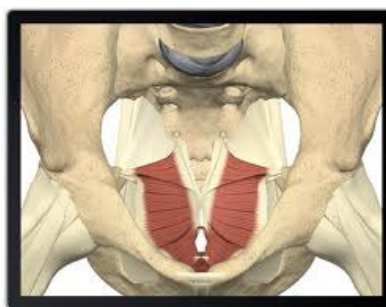
30 Group Pass -\$1140 (\$38 ea)

40 Group Pass-\$1440 (\$36 ea)

50 Group Pass-\$1700 (\$34 ea)



How Important is the Pelvic Floor?



Firstly, do you know what and where the pelvic floor muscles are? The pelvic floor is a muscular sling between your legs that goes from the pubic bone at the front to the coccyx at the back. The primitive reason for this hammock of muscles is to increase abdominal pressure to forcefully cough out an apple core should it get stuck in the throat! These

days we tend to think of them as the muscles that are traumatised during childbirth, but they also prevent incontinence and, if weak, can contribute to low back pain. So the answer is that the pelvic floor is very important for many reasons... not only for clearing the apple core! Exercising them is quick and easy – you can even do them while brushing your teeth! Incorporate them into your day to help with pains and problems that are completely preventable! To learn how to exercise these muscles properly or for a thorough assessment of pelvic floor strength and endurance make an appointment with Anne Wilby who recently attended the APA recognised course for continence and pelvic floor by A/Prof Pauline Chiarelli.

Yoga for the Active Body

If you are active and enjoy walking, swimming, running, or cycling then your body will benefit from Yoga too.



Rhythmic, repetitive motion for extended periods of time can be deeply meditative. This is often one of the many things enjoyed by active people, however, the downside of this continuous repetitive motion can overuse one set of muscles while underutilising

the rest. The stress of this repetitive motion long term creates muscular imbalances that can lead to misalignment, poor

biomechanics, and injury. Yoga can assist in correcting the common muscular imbalances and misalignment observed in walkers, runners, cyclists and swimmers. In addition to counteracting imbalances, yoga enhances body awareness, a great tool for active people in preventing injuries. Becoming conscious of how your body feels will help with recognising twinges of pain or discomfort that could signal the beginnings of an injury. It also teaches you how to isolate muscles you need so that you can relax the ones that you do not. Through the cultivation of awareness and mindfulness, the active person can learn to be present with any number of sensations and develop the ability to endure discomfort, boredom, anxiety or resistance. This will not only help still the mind but keep you going to finish your workout. Learning to breath in Yoga assists meditation, and is a tool for directing energy and focus to connect with the physical and emotional state of your body. The active body will benefit from this as the breath is an essential part of any physical activity, whether competitive or recreational. The breath can direct athletic performance, be an indicator of nervousness or controlled to help the mind into a steady state, or reduce boredom.



Join Louise our Triathlete Yogi for a change in pace!

Staff News April

We would like to welcome our new Mat Pilates instructor Carol on board the team here at Revive. Carol will be taking over the 6pm and 7pm classes on a Monday and Thursday night and the 10am class on a Monday morning. We also welcome our newest massage therapist—Dalibor. Dalibor comes to us with a background in sports and remedial massage therapy and is available on Wednesdays and Saturdays for appointments.

Revive clinic: Piriformis Syndrome



The Piriformis muscle is responsible for rotating and stabilizing the hip joint. The sciatic nerve passes directly beneath or occasionally through the piriformis muscle. Due to this anatomic relationship, the sciatic nerve can be compressed due to tightness in the piriformis muscle. When this occurs the condition is known as

piriformis syndrome.

Piriformis syndrome typically occurs due to tightness of the piriformis muscle. This may occur following piriformis injury, overuse of the piriformis, or due to repetitive strain or trauma. Piriformis syndrome is more common in sports or activities requiring repeated use of the piriformis muscle. These activities may include: running (especially changing direction), sprinting, jumping, squatting or lunging.

Patients with this condition typically experience a pain or ache that is felt deep within the buttock. Pain may also radiate into the back of the thigh, calf, ankle or foot. Patients with piriformis syndrome typically experience an increase in pain when placing the piriformis muscle on stretch (i.e. taking your knee towards your opposite shoulder) or during forceful piriformis muscle contraction (e.g. when running and changing directions). Other activities that may aggravate symptoms include: sitting, climbing stairs, squatting and lunging. In addition, patients may also have reduced hip



range of movement and experience tenderness in the piriformis muscle on firm palpation.



Management involves pain relieving modalities such as soft tissue therapy, dry needling, stretching and strengthening of the external

rotators of the hip. It is also important to address hip stability and any problems in the sacroiliac joints of the pelvis.

Our physiotherapists are experienced in successfully treating this condition if you are experiencing these symptoms.



“Don't let the fear of striking out keep you from playing the game”