



# REVIVE

PILATES & PHYSIOTHERAPY

**NOVEMBER 2008 NEWSLETTER** Level 2, 21 Mary St 337 Waterworks Road

Brisbane 4000

Ashgrove 4060

Ph: 3012 7007

Ph: 3366 0500

[www.revivestudio.com.au](http://www.revivestudio.com.au) [apilates@bigpond.net.au](mailto:apilates@bigpond.net.au)

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**Editorial:** November is the month to....????

If we don't set and regularly review our goals, it is so easy to float along without any purpose. We then get to the end of the year and reflect on what we have achieved—within our relationships, our health, our family, our work, our education and our emotional and spiritual lives. Goal setting helps you decide what is important for you to achieve in your life, they motivate you and build self-confidence, based on successful achievement of goals.

**Make your goals SMART—**

- **S—SPECIFIC**
- **M—MEASURABLE**
- **A—ATTAINABLE**
- **R—RELEVANT**
- **T—TIMEBOUND**

Give yourself long, middle and short term goals and a daily to-do-list to help you achieve them. Don't wait until it's time for New Year's resolutions—there is no time like the present to get started on this—only YOU will benefit. Have a great month!

*Stay safe and well - Jules*

## WORK RELATED MUSCULOSKELTAL DISORDERS



Workplace injuries to office workers are becoming more and more common with virtually every worker being required to use a computer and particularly a mouse for all or most of the day. Work related aches and pains are being taken more seriously by employers as with increasing demands on our bodies more

serious disorders are manifesting. This leads to injured workers requiring more time off work thus placing more work pressure on the rest of the team.

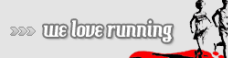
This time of year is particularly busy in all work places as you will know. Increased work hours, time spent sitting completing repetitive tasks tires you out placing increased stress on overworked muscles and joints. Over time your body becomes stiffer and tighter. This gradual process means you don't often notice how run down you are until pain or injury arises. By this time the musculoskeletal stiffness and tightness is more deeply set and takes longer to go away.

Tips to prevent work related musculoskeletal disorders:

Have a work station assessment- ensure you have a properly fitted chair and desk set up. This should occur when changing jobs, changing desks or changing the type of work you do. We can arrange this for you.

Have regular rest breaks built into your day: This means micro pauses to roll your shoulders and adjust your posture every half hour. Get up from your desk every hour to spend a minute moving your arms above your head. By drinking plenty of water you will ensure you need to go to the bathroom regularly.

**intraining**



We now have the added convenience for our clients of having visiting podiatrists at Revive city. The podiatrists from Intraining (Milton) are now available for consultation at Revive City on Monday (8.30—2pm), Wednesdays (8—12 noon) and Fridays (10—2pm).

Steve and Margot Manning and Steve Hancox are available to assist you with your podiatry needs.

To make an appointment to see a podiatrist at Revive simply call them on 33673088.

## Staff Profile

**Name:** Kathryn Zelinski

**Position:** Remedial Massage therapist, Pilates Instructor, Endermologist.

**Favourite Things:** My dog Razal (maltese X king charles) and my boyfriend Ken and playing touch footy.

**Star sign:** Pisces

**Fact:** I have no middle name.



## Staff News...

Rachael has sadly left the city studio and moved up to the Sunshine Coast to soak up some rays but we are happy to introduce a number of new staff to care for you at both studios.

Belinda Stephens (Physiotherapist) joins us from New Zealand where she attended the Auckland University of Technology and has worked in various roles as a physiotherapist including private practice, not-for-profit organisations and the New Zealand government.

Louise O'Sullivan graduated from the University of Qld in 2007 and has completed a year working at the Gold Coast Hospital. Louise's passion is for musculoskeletal physiotherapy and blending that with other modalities such as pilates. She is a lover of triathlon, keeping fit and vibrant, and spends her free time delving into the world of holistic health. Louise has a keen interest in Yoga, Energetic and Vibrational healing, Meditation and Psychology. Watch out for her cycling on the streets of Brisbane!

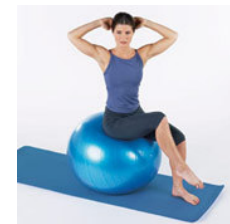
Both therapists are available for treatment at both City and Ashgrove studios.

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## HAND AND UPPER LIMB PAIN

### Exercise of the month

#### One leg lift



### STARTING POSITION

Begin seated on the ball, keeping your spine in a neutral and vertical position. Ensure your feet are flat on the mat, hip distance apart. With no tension in shoulders or neck, put hands behind your head.

### EXERCISE

#### 1. Inhale

To prepare

#### 2. Exhale

Keep your torso in an upright position and lift one foot off the mat, maintaining balance on the ball.

#### 3. Inhale

Return your foot to the mat.

Complete 3-5 reps on each side.

Please do not attempt this exercise if you have any neck or back problems. Consult your GP first.



Our physiotherapists are reporting an increase in the number of work related hand and upper limb injuries. With the shift over the past number of years of mouse related office work related to email many workers are using a mouse for a large part of their day. More alarmingly on assessment we notice very poor mouse technique, the widespread use of wrist rests and the sole use of the mouse in the dominant hand.

The type of injuries we are seeing are lateral epicondylalgia (elbow pain) commonly known as tennis elbow. Dequervains Tenosynovitis (thumb pain) an inflammation of the flexor and abductor tendons of the thumb. Carpal tunnel syndrome involving the palmar aspect of the wrist from overuse of the tendons passing through a tight space which places pressure on the medial nerve. These are all essentially overuse injuries which can be prevented. Many of these injuries we see are months after the pain has started. These type of overuse injuries can involve a complex treatment of physiotherapy including soft tissue release, acupuncture and exercise rehabilitation to overcome. The earlier treatment is sought the easier to stop the pain.



Tips for mouse use:

- Teach yourself to use the mouse in both hands, then swap throughout the day.
- Don't use a wrist rest unless prescribed by a physiotherapist.
- Keep your elbow close to your body, grip relaxed on the mouse and move the mouse with a straight wrist. All the movement should come from your shoulder, not by moving your hand side to side.

From Nicole Bryant (Physiotherapist)

## THE BENEFITS OF MASSAGE

A regular massage should be part of our health routine. Massage therapy is about maintaining a healthy body, so you don't get run down, stressed or lack energy. A massage can help treat sore and/or injured and also assists in eliminating the production of stress chemicals in the body, promoting relaxation and easing emotional and physical stress. Massage assists the body's natural ability to heal itself, improving the delivery of oxygen and nutrients to all body cells.



### Primary effects of massage

- Improved fluid circulation (blood and lymph)
- Muscular relaxation
- Calms the nervous system
- General relaxation and some "me time"
- Increased mental alertness and clarity
- Deactivation of trigger points

- Greater energy and flexibility
- Faster recovery
- Reduces anxiety and pain
- Provides relief from stress injuries and conditions

At Revive we have two experienced massage therapists with one always in the studio. They are available for appointments Monday to Friday. By: KATH ZELINSKI

### Secondary effects

## NOVEMBER-DECEMBER (CHRISTMAS) SPECIALS ON SALE NOW

Give the gift of health and fitness this year and save with some of our great end of year 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 and 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 waterbottle**

**\$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)**

