



REVIVE

RESHAPE REBALANCE REFORM

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2011 OCTOBER NEWSLETTER



We have a very busy month coming up at Revive! School's back and once this term is done we are heading into Christmas— but there is so much to do before the end of the year. No wonder we feel we are on a merry go round and can't get off.

Revive staff are doing the Moonlight walk on Friday 14th (6pm start) raising funds for people with Multiple Sclerosis. Join us or start your own team to raise money for this very worthy cause. www.moonlightwalk.com.au for more info.

MS is thought to be an autoimmune disease that affects the central nervous system (CNS), which is made up of the brain, spinal cord, and optic nerves. In MS, the immune system, which usually works to protect the body, mistakenly starts to attack the body's own tissue. The attacks on myelin produce 'scarring' or 'plaques' at multiple sites in the CNS, and it is these scars that give the disease its name. These scars, in turn, begin to slow or interrupt the transmission of nerve impulses, resulting in the symptoms of MS. The exact cause of MS remains unknown and funds are needed for continued research into the cause and management of the disease.

We also celebrate our 2nd birthday of the new studio this month. We will be having a birthday party in the studio on 20th October to mark this milestone.

The National APA conference is being held in Brisbane this year and all Revive Physios are excited about attending and sourcing the latest information and techniques and new advances in physiotherapy - stay tuned for news on what's new.

Have a think about participating in October this month—a month alcohol free to raise awareness about healthy lifestyle options for our children through school programs. www.october.com.au to register. Have a great month

- Jules

OCTOBER SPECIALS

Matclass Membership

Unlimited Mat Classes!!

1 Month \$160

(EXPIRES 30 NOV. 11)

3 Months \$420

(EXPIRES 31ST JAN. 12 *Conditions Apply)



Reformer Class

10 Pass - \$200

(Save \$100)

*Conditions Apply



Exercise of the Month: DOUBLE LEG STRETCH



Start position: Supine with chest left. Legs in table top. Hands just rested on outside of knees. Inhale stay and set abdominals and stabilise shoulders.



Exercise movement. Exhale reach arms overhead elbows slightly bent, legs starting to extend.



Exhale: Extend to straight arms and legs.



Inhale: Return to start position. Repeat 8-10 times.

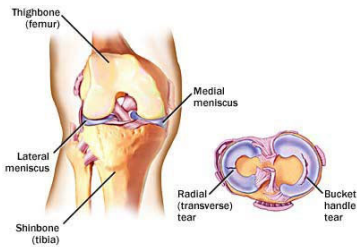
DO NOT PERFORM THIS EXERCISE IF YOU EXPERIENCE ANY BACK PAIN

STAFF NEWS

- Lucy is going to Melbourne this month as the Physiotherapist for the Queensland indoor netball team. She will be working hard keeping the girls on the court and being on-call during the camp.
- Anouska is back from Denmark after working with the Australian Para cycling team. She is over her jet lag and ready to get back into the groove at Revive.
- Jenny will be away for 2 weeks at the start of October—her regular clients will be booked with another instructor in her absence.
- Alex will be doing a TMJ (jaw joint) course in Melbourne in October—good news for those with jaw pain, clicking jaw or headaches coming from the TMJ
- Anne will be away next month for a week, - she is travelling to Adelaide to be the Physiotherapist for the junior Queensland indoor netball team.
- A big happy birthday to Jess, Mel and Catherine who all have birthdays in October.

THE MAT TIMETABLE HAS BEEN UPDATED AND THERE ARE LOTS OF NEW CLASSES - PLEASE SEE THE WEBSITE FOR A CURRENT TIMETABLE OF PICK ONE UP AT RECEPTION.

Meniscal tears in the Knee



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There are two menisci in your knee; each rests between the thigh bone (femur) and shin bone (tibia). The menisci are made of tough cartilage and conform to the surfaces of the bones upon which they rest. One meniscus is on the

inside of your knee; this is the medial meniscus. The other meniscus rests on the outside of your knee, the lateral meniscus.

It has been estimated that meniscal injury has a frequency of 61 per 100,000 individuals. The condition is three times more prevalent in males than females, with the medial meniscus being injured four times as often as the lateral. The meniscus functions to distribute your body weight across the knee joint. Without the meniscus present, the weight of your body would be unevenly applied to the bones in your legs (the femur and tibia). This uneven weight distribution would cause excessive forces in specific areas of bone leading to early arthritis of knee joint. Therefore, the function of the meniscus is critical to the health of your knee.

With ageing, degeneration and asymptomatic tearing can occur. In the active individual the history of injury is usually one which combines twisting on a semi-flexed knee with the foot fixed on the ground. If a meniscal tear is present the choice is either non operative management or surgical intervention involving removal or repair of the injured meniscus.



Individuals who experience a meniscus tear usually experience pain and swelling as their primary symptoms. Another common complaint is joint locking, or the inability to completely straighten the joint. This is due to a piece of the torn cartilage physically impinging the joint mechanism of the knee.

The most common symptoms of a meniscus tear are:

- Knee pain
- Swelling of the knee
- Tenderness when pressing on the meniscus
- Popping or clicking within the knee
- Limited motion of the knee joint



Our experienced physiotherapists can assess your knee injury and offer you a diagnosis based on clinical findings. Physiotherapy can be successful in treating cartilage injuries—if results are not forthcoming you will be referred to a sports physician for further assessment and probably referral to an orthopaedic surgeon.

HEALTHY BONES CLASSES

Healthy Bones is ideal for women over 40 and is based on strengthening the bones using resistance and weight bearing exercise to help prevent diseases like osteoporosis.

What is Osteoporosis?

Osteoporosis literally means “pores of bone”. It is a silent disease, slowly robbing calcium and other vital minerals from our bones. Osteoporosis reveals itself after the damage has been done. There is no gradual pain or hint that this disease exists. The first clue a woman receives is her first fracture and by this time her bone loss is significant. Osteoporosis, or brittle bone disease, is the most common disease that affects the bones. It is the systematic loss of bone minerals over a period of time and it affects all bones in the skeletal system.

Until recently, people have not really understood what osteoporosis is and what it means to have this disease. Stooped shoulders and broken hips have been looked upon as “natural” signs of aging. Today this type of thinking is undergoing a radical change.

The classes are run by Julie Campbell (Sports Physiotherapist and Pilates Clinician) bookings are essential and minimum numbers are required for each class.



Casual Class \$25

10 Class Pass \$220

CLASSES ARE CLAIMABLE ON PRIVATE HEALTH.



Client of the month: Louise Waldie

(We will be choosing a client who has reached their goals or shown amazing dedication and focus, each month to receive this award and a 1/2 hour massage as a prize—congratulations Lou)

1. What made you first attend Revive?

To improve core strength for work and to improve shoulder pain and knee pain.

2. What services do you use at Revive?

I use Physiotherapy, Equipment Pilates and participate in Core Class.

3. When you're not at Revive, what do you enjoy doing?

I enjoy running, yoga, cooking and watching movies.

4. What are your short term and long term goals?

Short term goals—to complete a triathlon or marathon. Long term goals—to continue being fit and healthy.

5. Who inspires you?

Other active and healthy people I see at Pilates, running events etc.

6. What have you found is the best thing about Revive?

It's holistic, friendly, fun and I see results.



Louise with Shauna in the studio