



REVIVE

RESHAPE REBALANCE REFORM

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SEPTEMBER 2009 NEWSLETTER



Editorial: Although stretching has received some bad press recently with some recommendations being not to stretch at all, stretching is still a very important part of maintaining general and specific flexibility.

It is important not to apply the advice that static stretching is bad to all forms of stretching. When we are talking about stretching before exercise it is now thought that lengthening and relaxing muscles before playing sports means that you are not preparing these muscles to fire up and contract quickly to protect joints and other tissues. When we are talking about static stretching for good health and posture, this is different.

As we spend so much of our time sitting, it follows that our hip flexors (front of the hip), hamstrings and calves will shorten and tighten. When we sit at a computer for hours the muscles at the front of our shoulder shorten and our neck muscles tense and shorten as well. In order to maintain healthy range of motion in our spine and joints we need to stretch. This will improve posture, breathing patterns, reduce the risk of pain and injury and generally make us feel better.

You can stretch in a pilates or yoga session or you can stretch at home—we can help you with a customized stretch program—just call and book an appointment—your body will thank you!

Enjoy September

Jules



When you gotta go, you gotta go!

Many forms of bladder weakness exist and the occurrence rate is much higher than you would think. Bladder urgency is a problem that many men and women experience. A person feels that when they need to go to the toilet, the more they try to hang on the more they need to go. In many situations a person actually has extremely good pelvic floor control but when they tense up they overuse their outer abdominals instead of their deep abdominals. This creates a large pressure downward on the bladder from above and compresses the bladder against the pelvic floor that have also been activated trying “to hold on”. The bladder is sandwiched in the middle and end result is you have to run to the loo fast. At Revive we are very fortunate to carry a real time ultrasound machine. This allows us to picture the muscles and ensure the correct muscles, the deep abdominals, are working. The results can be amazing. Please talk with our staff to find out more.



Are my shoes Dead?

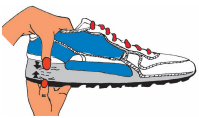
When you are running, the pressure on your feet can be three or four times your body weight. Even walking can produce more pressure than the sum of your body weight. The average person takes 8,000 to 10,000 steps a day. That adds up to about 185,000 kilometers in a lifetime or more than four times the circumference of the globe. That is a lot of walking with ill-fitting shoes or painful feet!!



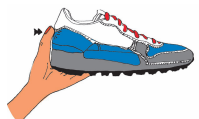
TORSION: Hold the toe of the runner with one hand and the heel with the other. Try to twist the runner lengthways at the sole. You want just minimal movement.



FLEXION: You want the shoe to bend at the ball of the foot. If it doesn't, your foot won't either. The sole, from the heel to the toes should remain stiff. The shoe should not bend backwards.



MIDSOLE DENSITY: With your two thumbs, compress the rubber of the midsole. If it compresses by more than a third it may be too soft. Soft shoes with lots of cushioning are only good for walking. If you are a pronator (foot rolls inwards when you walk) you may need a shoe with dual-density midsoles - where the sole on the inside of the heel is hard and the sole on the outside of the heel is soft. If you are a supinator (foot rolls outwards when you walk) you may need a neutral midsole. However, if you need to go into these specifics, it is worth seeing a podiatrist (In Training podiatrists visit Revive on Mondays) or visiting a running specialist store.



HEEL COUNTER: A solid heel counter is important for keeping your foot upright. Use your thumb to press the heel counter inward. It should remain strong. Pinching using your thumb and index finger should also prove firm. You want the heel counter to be made of plastic as opposed to cardboard, which is less supportive and won't last as long.

As well as finding the correct footwear, other areas of your body may need to be looked at. Problems at your feet can affect your joints higher up the kinetic chain.

At Revive we assess your whole body and prescribe measures to help rebalance your alignment.

Your feet are a complex system of 52 bones, 66 joints, 214 ligaments, 38 muscles and tendons.

CAN YOU AFFORD NOT TO LOOK AFTER THEM???



REVIVE SEPTEMBER 2009 NEWSLETTER

Tired and sore muscles?

Do you ever feel as though you constantly need to stretch? Feel that your neck and back muscles are tight and tender? As well as regular stretching and postural awareness, your nutritional intake of certain minerals can be just as important for muscle health.

Magnesium is an essential mineral in human health. It is involved in a wide range of biological functions including energy production, electrolyte balance and regulation of how your muscles are contracting and relaxing. A lack of magnesium basically affects your muscles ability to relax and therefore why you are feeling so tight! It has been estimated that magnesium intake has declined by more than half during this century; primarily due to food processing. Stress also releases hormones that can deplete your tissue magnesium levels.



Magnesium supplement, **Ultra Muscleze**, available at Revive

Research indicates that taking a magnesium supplement can reduce muscle tension and cramping, reduce the symptoms of PMS, including fluid retention, period pain and mood swings, can reduce the duration and attack frequency of migraine headaches and helps to counteract the negative health effects of chronic stress. If you suffer from any of the above complaints, perhaps a magnesium supplement can benefit you. Talk to our staff for further information.

RACHEL WELLS PHYSIOTHERAPIST

SHAPE UP FOR SUMMER WITH THESE GREAT SPECIALS

Pilates Start Up Special

Three one on one sessions including an assessment with a Physiotherapist and real time ultrasound of your deep abdominals and your personalised equipment Pilates program Plus 10 Group equipment sessions.

\$540 (Value \$730)

Equipment Pilates 20 Group Pass

\$700 (Value \$900)

Equipment Pilates 30 Group Pass

\$990 (Value \$1350)

Massage

5 x 1 Hour Massage

\$350 (Value \$440)

10 x 1 Hour Massage



Exercise of the month: Shoulder Bridge...with Lori

Starting position: Supine, pelvis and spine neutral. Knees flexed, feet on mat. Arms long by sides. Palms up if you have shoulder or neck tension.



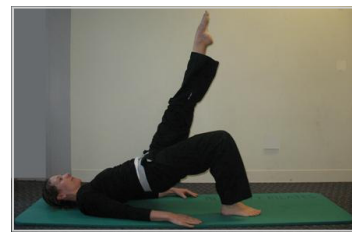
To begin...INHALE: stay.

EXHALE: Stabilise pelvis and spine in neutral and extend hips to lift pelvis off mat, creating bridge position from shoulder to knees.



Then...

INHALE: Maintain level pelvis, flex hip and knee to 90° angle with toes pointed, then extend knee to reach toes to ceiling.



Repeat on other leg.

Complete 2-3 repetitions



Do not perform this exercise if you have any back or neck pain. Please consult your physiotherapist or instructor before performing this exercise if you have any concerns.

Can physio help your headache?

There are many types of headaches; migraines, cluster headaches and cervicogenic headaches. By being able to identify which type of headache you have, you can seek the most appropriate treatment. Your GP is the best source of advice to help with a migraine while physio can effectively relieve a cervicogenic headache.



Treatment of a cervicogenic headache involves dysfunction present in the joints, muscles and neural structures as well as correcting any precipitating factors such as poor posture and poor ergonomics at work. We use modalities such as joint mobilizations, massage, acupuncture and rehab exercises.

Cervicogenic Headache	Migraine
No aura	Aura
No sensitivity to light, nausea	Sensitivity to light, visual disturbances, nausea
Neck range of motion limited	Neck range of motion not affected
Slow onset	Fast onset
Dull Ache, usually less severe	Throbbing pain, typically severe
Triggers: trauma, poor posture	Triggers: food, drugs, stress
Can last for days	Usually have a finite duration
Caused by joint stiffness, muscle tightness, poor posture	Usually have a vascular cause