



# physiotherapy pilates proactive

freedom of movement...body and mind

## Welcome

Welcome to our first newsletter for 2009. The year has certainly begun with a bang and already seems to be flying by. We hope that you are managing to find respite from the warmth during the heat wave – remember that our studios are air-conditioned and deliciously cool!!

## Dates to Remember.....

### **Friday 27 February 2009 7.30pm**

Australian Ballet Company –  
Firebird and Other Legends  
Festival Theatre.

### **Monday 9 March**

Practice closed for Adelaide Cup Holiday.  
Please note that we are still open as usual on  
Saturday 7 March.

### **Wednesday 11 March 8pm**

Complexions Contemporary Ballet  
Festival Theatre.

### **Friday 10 – Monday 13 April (inclusive)**

Practice closed for Easter Break

## Class Updates

### **Classes Postponed at Littlehampton**

Unfortunately due to lack of numbers we have decided to postpone Saturday classes and Cecelia's Wednesday/Friday classes until mid-way through the year.

**Vanessa Hemer (nee Arbon)** is still available for physio treatments at Littlehampton on:

- Tuesdays 1-5.30pm
- Thursdays 11.30am-3pm

Read about Vanessa's physiotherapy specialties over the page.

### **Beginners Courses**

This year we have introduced an Initial Physiotherapy Consultation for those wishing to enrol in a 5-week Beginners Course.

# Monthly Update

## Issue 20 February 2009

The next Beginners Course dates for 2008 are:

### **STIRLING**

Wednesday 7.45pm **11 March – 8 April** (run by Annie)

### **PARKSIDE**

Thursday 7.45pm **12 March – 9 April** (run by Vanessa Hemer)

### **LITTLEHAMPTON**

Monday 7.45pm **16 March– 20 April (no class 13 April- Easter Monday)** (run by Annie)

### **Refresher Pilates Classes**

Our Refresher Classes during January were well attended. Several clients commented on how "Pilates is just like riding a bike!" If you received a letter about these classes, but were unable to attend you may wish to book in for a 45 min 1:1 session (claimable with most Private Health Funds). Mention the letter to receive the Prepay/CD discount. We will be repeating these Refresher classes quarterly.

## Client Notice Board

### **Studio and Rooms for Lease**

Do you know of anyone who would be interested in hiring any of our studios or treatment rooms on a regular basis? We are offering all three studios at the following times:

- Fridays – 7pm onwards
- Saturdays – 1pm onwards
- Sundays – all day/evening

Rates are competitive. Rooms would be suitable for massage or other therapy and the studio would be suitable for yoga, Feldenkrais, meditation or even small talks/seminars. Please contact Rachel on 0422 087 214 for further details.

### **Prepay Expiry**

As of January 1, 2009 all Prepays purchased will have a 4 month expiry date.

## Staff

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- We are pleased to welcome **Briar Strutton**, our new physiotherapist who will be working at Stirling on Tuesday afternoons/evenings and Wednesday afternoons. Briar graduated from the University of South Australia in 1999 and won several Academic awards during her Physiotherapy degree. She recently moved to Aldgate following many years of private practice work in the Barossa Valley. Her special interest is in headache management and neck pain. Clients can book in to see Briar at Reception.
- **Rachel** went to Sydney last weekend to attend the annual Polestar Mentor Training Day. With several of these Polestar weekend courses scheduled for 2009, Rachel will be stepping up to role of Assistant Educator.
- **Rachel** was invited to speak at the National Physiotherapy Students' Symposium, held in Adelaide during January. She was asked to describe her physiotherapy journey to date and hopefully inspire young students! She also presented a two hour lecture on Pilates Rehab, of which included a very squeezey Mat class for forty five students!!
- PPP staff and families will be attending a Summer Picnic at the end of February. Hopefully the heat wave will be behind us by then, or we may all end up in the Tusmore Park paddling pool!

## News and Views

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### Vanessa Hemer's Physio Specialties

Vanessa uses a holistic approach in assessing and treating clients. A variety of techniques are used, including **craniosacral therapy, visceral manipulation, muscle energies** and other **soft tissue techniques** in addition to standard physiotherapy techniques.

In short craniosacral therapy looks at normalising the mobility and functioning of the spinal cord and associated membrane system and is particularly useful for people who are having ongoing trouble after a direct impact to their skull or spine; examples which may cause this impact

include whiplash, MVAs, or spinal surgery. Muscle energy techniques particularly suit pelvic or rib problems and look at realigning joints using attached muscles.

Visceral manipulation deals with restoring normal mobility of the internal organs and their ligamentous attachments to allow the musculoskeletal system to work easily and efficiently.

Like all methods of physiotherapy, it is easier to explain these techniques when addressing a particular client or with a specific problem in mind. If you have further questions or would like a more detailed explanation, Vanessa would be more than happy to discuss this with you. Vanessa works at **Parkside** and **Littlehampton**. Appointments can be made at Reception.

### Commitment to Health

*Written by Rachel Combe*

As we move into the second month of the year, I have been reflecting on the crazy concept of "New Year's Resolutions". They almost always include a reference to losing weight or exercising more and inevitably are unsustainable in the long term.

Over the past 18 months I have really re-evaluated my attitude towards health and more than ever feel grateful for my current good health. To be given a body that works and feels good most of the time is truly the best gift in the world, although often it goes unappreciated.

I made a commitment to myself this year; an ongoing non-resolution type pledge that essentially promises to maintain, where possible, good health. For me this means looking after my body by nurturing it with good healthy food, hydrating it, resting it when needed and moving it regularly.

From a physical point of view this means twice a week Pilates Mat classes (attending, not teaching!) and daily walking with the pooch.

I have actually been doing this regime for the past year and feel great.

I urge you this year to consider your health and how you value it; and think about sustainable, meaningful ways of improving, maintaining or gaining better health.

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