

**August 2011**

**Issue 34**

**MONTHLY UPDATE**

## Welcome

Welcome to our new look August newsletter! Warm greetings to those of you who are new to Physiotherapy Pilates Proactive. We hope you are feeling at home within the practice. If you have any questions about us or the PPP community, please feel free to ask at Reception, or send us an email. A big hello to our older clients as well; or

perhaps “more experienced” is the more appropriate term given the content of this month’s newsletter! We have been so impressed by recent attendance levels despite the cold weather. Not only is Pilates extremely beneficial for staying limber during the colder months, but it also helps lift mood and manage the winter blues.



## Client Notice Board



### WINE AND CHEESE EVENING

This year we held our annual wine and cheese evening at our Stirling studio on Friday June 24. As always the night provided a wonderful opportunity for staff and clients to socialise. Josie did a great job organising the cheese and nibbles; and thank you to Penny Jones from Petaluma for once again providing us with fabulous wine and champagne.

*Left: Rachel Combe and Josie Carsiotis at the wine and cheese evening.*

### Dates to Remember

**Public Holiday Closure – Monday 3rd October – Labour Day**

Both practices will be closed on this day. Please note that we will still be open as usual on Saturday 1 October.

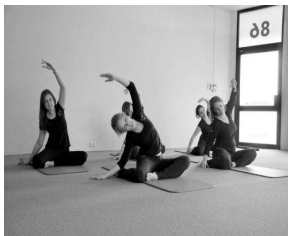
### Class Updates

- Jane’s **9.15 Inter Mat** at **Stirling** on **Wednesdays** is now **Early Inter** – a great bridging class between Gentle and Intermediate.
- Caitlin will be running a **NEW Gentle Mat** class at **Stirling** on **Mondays** at **10.30** as of 5 September.

## Client Notice Board (cont.)

### REFERRALS

At Physiotherapy Pilates Proactive, we are aware that many of our new clients find out about us through you, our existing clients. As a sign of our appreciation we are now offering \$25 PPP vouchers for any new client referral. This means that if a new client writes your name in the 'how did you hear about us' space on their information form, we'll send you a voucher in the post. Vouchers can be used for treatments, products or individual Pilates classes, however, cannot be used toward prepaids. They are non-transferable and are valid for 6 months from date-of-issue.



**GripSox® are  
100%  
Australian  
designed  
and made.**

### PRODUCT OF THE MONTH

Designed by Australian physiotherapist, Luke Goodwin, GripSox® are sold to Pilates and Yoga students worldwide. GripSox® have a "non-slip" rubberised sole to help with the gripping of Pilates equipment and mats. Black and red GripSox® are available from Reception for \$15 per pair.

**For the month of August we are giving away a pair of GripSox® with every purchase of a Pilates Mat or Foam Roller.**



## Staff

### PHYSIO SPOTLIGHT

**Each month we showcase one of our physiotherapists. This month we are turning the spotlight on Belinda Robb. Belinda has been working for us for eighteen months and consults and teaches Pilates at both practices. She is an avid hiker and enjoys travel, reading and jogging.**

*I have an interest in Hand Physiotherapy and have had experience working in Hands and Plastics during my time in Hobart and the UK. This involved management of post tendon repair including fabrication of thermoplastic splints.*

*I also have an interest in Orthopaedics, particularly post-operative rehabilitation of hips and knees.*

*In the past I have worked with sporting teams and enjoy being involved in the management of sporting injuries and gradual return to sport.*

**If you would like to see Belinda at Stirling or Parkside book in at Reception.**



## Staff (cont.)

- In September we say bon voyage to **Ellie** who will be heading overseas for 4 months with her husband, percussionist **Nick Parnell**. Congratulations to Nick who was awarded a Churchill Fellowship to research vibraphone music in the USA, UK and France. Ellie, who has quite a talent for flower arranging, will be making the most of the opportunity by studying a short floristry course in London. We wish them both the best and look forward to Ellie returning in January (and seeing what flower arrangements she comes up with for the studios!)
- We welcome physiotherapist, **Caitlin McGinn** to the practice. Caitlin is currently consulting at Stirling, and will commence teaching Pilates and consulting at both practices in September.
- Good luck **Belinda, Jenny and Briar** who are about to sit the very demanding Polestar exam. This combined theory and practical test is the culmination of several years of hard work and 300 hours of self-mastery.
- **Lucy** is back at the Parkside desk on Saturdays after 7 months of maternity leave. She will also be working as our Communications Coordinator.

## News and Views

*Written by PPP founder and director, Rachel Combe.*

I recently watched a fascinating five-part documentary series on ABC called The Young Ones. It showed a social experiment involving six famous ageing English identities to see if they could turn back time over the course of a week in order to reverse the ageing process. They were placed in a house which had been changed inside to resemble the decor of the 1970s, the decade in which they would have been in their career and physical prime. The theory was that if surrounded by these memories and cues, the six subjects would begin to act according to how they felt in the 70s.

The results were remarkable. After a week all six had changed dramatically. They looked younger, their physical and cognitive tests were significantly improved and they all claimed to feel more youthful. It was for most a cathartic experience, where they realised that they had been holding themselves back by thinking that they were too old to do certain things.

It made me think about what we try to achieve when teaching Pilates. My philosophy at PPP has always been to help people of all ages and physical limitations achieve their individual movement potential. Often I hear clients say, "I can't do that – I'm too old" only to then surprise themselves when, with gentle nudging from our physios (or not so gentle as the case may be!), they achieve movement that they never thought possible.

**Pilates founder, Joseph Pilates, taught up until his mid eighties.**

*Joseph Pilates pictured below, aged 82.*



## News and Views (cont.)

I think it is important for us not to become self-limiting prophecies, where narrow boundaries around how we think we can move are set. If you believe you cannot do something, generally you won't be able to do it. Try not to say "I can't", but rather "I can't do this well at the moment." Anyone who has experienced Pilates will realise how helpful it is in breaking down movements into smaller segments and creating stepping stones toward achieving greater movement milestones. It is a good idea to regularly consider the class you attend and ask yourself, "Am I ready for progression?" If you think that this may be the case, speak to your physio and they will give you recommendations as to the classes you would be suitable for.

The world is your horizon – seize the day and see what your body can do!

For more information on 'The Young Ones'

<http://www.abc.net.au/tv/guide/abc1/201107/programs/ZX6149A005D2011-07-12T203000.htm?program=The%20Young%20Ones>

So until next time, stay proactive!

## ABOUT US



physiotherapy  
pilates  
proactive

Stirling Arcade  
39 Mount Barker Road  
Stirling SA 5152  
P: 8339 3188  
F: 8339 3199  
E: [stirling@pilatesproactive.com.au](mailto:stirling@pilatesproactive.com.au)

Parkside  
86 Glen Osmond Road  
Parkside SA 5063  
P: 8271 3144  
F: 8271 3244  
E: [parkside@pilatesproactive.com.au](mailto:parkside@pilatesproactive.com.au)

*Our passionate team is dedicated to the treatment and prevention of pain and injury. We provide clients with personalised and high-quality service in physiotherapy and Pilates with a view to enhancing their fitness, freedom of movement and quality of life.*

What services do we provide?

- ◆ A full range of **physiotherapy treatments**
- ◆ **Real-Time Ultrasound** for pelvic floor and muscle retraining
- ◆ Western **Acupuncture** / Dry Needling
- ◆ **Pilates Mat Classes** for general health and wellbeing
- ◆ Fully equipped **Pilates Studio** for Pilates rehabilitation
- ◆ **Women's Health**, including pregnancy care
- ◆ **Men's Pilates Classes**
- ◆ A wide range of **Pilates accessories** and merchandise

[www.pilatesproactive.com.au](http://www.pilatesproactive.com.au)