



October 2011

Issue 36

MONTHLY UPDATE

Welcome

Welcome to our October update. Yes, October! We cannot believe that we are at this stage of the year either, but sure enough we are starting to plan for 2012. Keep reading for information about next year's ballet performance at the Festival Centre. Also, see below for details about our new 3/4 length PPP pants out in time for the warmer weather.

Client Notice Board

BALLET

Each year we organise a PPP ballet event. It is always a lovely night out and fascinating for staff and clients alike to marvel at what the human body is capable of! In 2012 we will be attending **The Australian Ballet's** production of **Romeo and Juliet** at the **Festival Theatre** on **Saturday 26 May**. "Choreographer, Graeme Murphy is famous for bringing new life into classic ballets, and now he tackles the greatest love story ever told." The cost is \$100 per person and includes a pre-performance drink. Book at Reception (Stirling or Parkside) until **Saturday 8 October**.



WORLD PHYSIOTHERAPY DAY

On **Thursday 8 September** we celebrated **World Physiotherapy Day** at both practices. Healthy snacks were in abundance and a lucky mat prize was given away in each Pilates class!

World Physiotherapy Day is an annual event which recognises that physiotherapists are the movement and exercise experts who can be central in the battle against obesity, cardiovascular disease, diabetes, respiratory disease and cancer.

This is based on World Health Organisation findings of physical inactivity being one of the leading risk factors for global mortality, causing 3.2 million deaths annually.

Physical activity plays a vital role in reducing non-communicable diseases and PPP director, **Rachel Combe** wanted to support the day believing that physiotherapists are the ideal professionals to consult when looking for a safe exercise program.

"If a person is unfit, or dealing with a chronic disease, activity should be introduced carefully. By examining their clients, physios are able to educate them about their bodies. Everybody can improve their mobility by doing simple daily exercises. It is about aiming to maximise your movement potential, whatever that may be."



Pictured above: **Rachel Combe** with client, **Mary-Ann Ayliffe** on **World Physiotherapy Day**.

NEW CROPPED PILATES PANTS

Now available from Reception are **3/4 length PPP branded grey Pilates pants**. With a wide waistband and scooped pockets, these pants are flattering as well as comfortable. Made from 93% cotton and 7% spandex, they are also good quality and durable.

On sale now for **\$45 per pair**.

Class Updates

Changes as of **10 October** at **STIRLING**:

- ◆ Caitlin will be running a **NEW Gentle Mat** class on **Mondays** at **10.30**.
- ◆ A **NEW Men's Pilates** class will commence **Mondays** at **6.30pm** with Gwendalyn.
- ◆ **Monday 6.30pm GES** will change to **Thursdays** at **6.30pm**.

Changes as of **10 October** at **PARKSIDE**:

- ◆ Jenny's **Tuesday 7pm Intermediate** will change to **7.45pm Intermediate**.
- ◆ **Wednesday 8am GES** will change to **Thursdays** at **8am**.

Staff

- ◆ Physiotherapist, **Shannon McCloud** will start in early October. In addition to providing holiday cover, Shannon will also be working Tuesday evenings and alternate Saturdays at Parkside. You may have already met Shannon in class. She has been a client of ours for the past 12 months and brings with her a strong knowledge of physiotherapy and Pilates.
- ◆ Year 11 students and budding physiotherapists, **Lauren Bird** and **Camille Kelly** have just finished work experience with us. Every year we support school students as we believe it is an important part of community service. You never know where these relationships will lead – PPP physio, Caitlin first came to us on work experience six years ago!

PHYSIO SPOTLIGHT

Each month we showcase one of our physiotherapists. This month we are turning the spotlight on Jenny Phillips who has been working at PPP since 2008. She consults and takes classes at Parkside on Tuesdays, Wednesdays, Thursdays and Fridays.

I have a special interest in treating musculoskeletal disorders of the spine. Having completed both McKenzie parts A and B, and a neck pain course with Gwen Jull (an expert in the area of neck pain and treatment), I have skills to accurately assess and treat cervical, thoracic and lumbar pain disorders.

A strong focus of mine is Women's Health. I can treat both musculoskeletal disorders related to the antenatal and postnatal period, as well as assess and treat pelvic floor dysfunction. I really enjoy developing exercise rehabilitation programs – whether for injury recovery or just improving strength and toning. With my Pilates experience and training, I can develop equipment, mat or home programs.

Outside of PPP I enjoy running (I'm not very fast but I try!), gardening, time with my two kids and reading for my book club. Organising my children's busy social lives seems to take up the rest of my time!

Book in at Reception if you would like to see Jenny at Parkside.

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