

Serving the local community since 2001

Back in Shape



Physiotherapy & Pilates



Helen's Pilates

Term dates: 2015 Term 3

Monday 13 July - Friday 18 September

All ages and abilities

Alphington Bowls Club
Parkview Rd, Alphington

Monday 12-1pm
Wednesday 5.30-6.30pm &
6.30-7.30pm
Friday 9.15-10.15am & 10.30-11.30am

Cost:

Mon (10-week term): \$200
Wed & Fri (10-week term): \$200
OR \$25/class casual

Over 50s

Fairfield Community Room
Station St, Fairfield

Monday 9.30-10.15am

Cost:

Mon (10-wk term): \$80
OR \$10/class casual

Limited mobility

Fairfield Community Room
Station St, Fairfield

Monday 10.30-11.15am

Cost:

Mon (10-wk term): \$80
OR \$10/class casual

Public Holiday Alert this term:
there are no public holidays to
worry about this term.

Physio & Pilates Appointments

Helen Constantinou
47 Bennett St, Alphington
T: 0421 526433

Pilates: the sustainable choice

I see many patients who come from the 'no pain, no gain' school of exercise, and the common factor is that eventually they all experience the pain of muscle or joint problems; it is an almost inevitable consequence of participating in sports. For any of you who have experienced exercise-related injury, I'm sure you will agree that often the result of the 'no pain, no gain' philosophy is to experience a set back in performance along with the pain associated with injury.

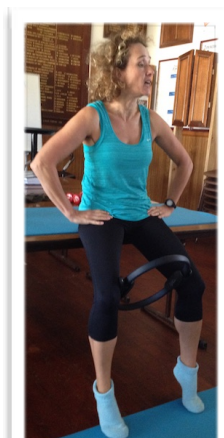
By comparison, Pilates follows a more holistic path—one that I like to think of as 'no pain, good'—which is much less likely to cause injury in the first place and which is proven to help speed recovery and rehabilitation after injuries occur.

As Pilates focuses on strengthening the body's core stabilising muscles and delivering improved motor control, I believe it has an enormous role to play as a complementary form of exercise, facilitating more efficient movement. Regardless of your sport—football, running, tennis, swimming, golf, cycling; netball—Pilates will help ensure you are using your muscles in an optimal way.

I liken Pilates to servicing your car. The very act of driving puts stresses and strains on the various components in the car; and if you engage in something strenuous like off-road driving—perhaps the exercise equivalent would be playing football—then you are more likely to cause damage to the engine, gearbox, drivetrain, wheels, tyres, chassis, brakes and bodywork. Similarly, participating in sport puts stresses and strains on our muscles, joints, tendons and ligaments. Just as you'd service your car routinely to minimise wear and tear, so Pilates provides a means to rectify past injuries while putting in place a program to minimise or avoid future damage.

Taking another analogy, most sensible people understand that we need a balanced diet in order to enjoy happy, healthy lives. Protein allows us to build muscle while carbs provide the energy to sustain our activities. But we also need micronutrients—vitamins and minerals—to ensure long-term health and vitality, and many of these are often best sourced through vegetables and fruit. Pilates is like the vegetables of the exercise world: arguably not the most glamorous component, but a key constituent nonetheless.

For people coming from a background of no exercise, Pilates provides a safe and sensible way to strengthen and stretch muscles, building core stability to increase mobility. For those used to a more active lifestyle, Pilates equally provides a complementary program that can



POLESTAR PILATES



help you get the best results from your chosen sport, ensuring you are not over-recruiting certain muscles and helping you develop your musculature in a balanced way. And for those recovering from injury, Pilates—along with physiotherapy—provides the ideal solution to regain functionality, strength and performance effectively and safely.

In the end, it all comes down to sustainability: your car lasts longer with regular servicing; you maintain your health if you eat a balanced diet; and you optimise your sporting prowess, mobility and general sense of health and wellbeing through incorporating Pilates into your exercise schedule.

Traffic Light Exercises

We are all busy these days and too often we use this as an excuse not to exercise. In an effort to liberate wasted time, I've devised a number of Pilates exercises you can do while waiting at a red light.

The beauty of this program is that red lights will now serve as a reminder and provide the opportunity for us to utilise the time to work out some of those often-ignored muscles.

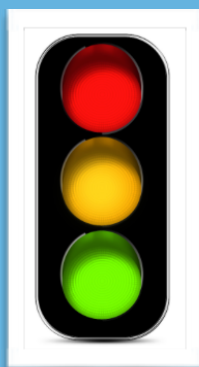
Now, instead of feeling frustrated as we wait for the lights to change, we can take the opportunity to pump out another set of our favourite traffic light exercises!

But remember, no jumping red lights just to avoid doing them!

Chin tucks!

- Tuck your chin in and imagine somebody is pulling an imaginary cord attached to the crown of your head, allowing your neck to feel as long as possible at the back
- Rest the back of your head against the headrest of the car seat and gently press back
- Keep everything else relaxed, especially your shoulders and jaw
- Repeat five to ten times

Note: If your head does not reach the head rest with your chin tucked in, try adjusting the headrest or even strapping a small cushion or rolled-up hand towel to the headrest. If you do this exercise regularly, you will notice that as your flexibility increases you will be able to remove the cushion.



Sleepy Buttocks?

Time to put the problem behind you

The Gluteal Maximus muscle is a powerful hip extensor muscle, which helps propel the body forward. Normally, the left buttock contracts as you step forward with the right foot and the right buttock contracts as you step forward with the left foot. However, research has shown that if you sit for more than half an hour then your buttock muscles—the Gluteal Maximus—can actually switch off completely, so that when you then get up and walk, these muscles may not be working at all.

When this occurs, the body relies on the much weaker back extensor and hamstring muscles, which become stressed—because they are doing a job they are not designed to do—and tight, causing compression of the back facet joints and the hips and knee joints. This imbalance makes the hamstrings, in particular, more susceptible to strain. Even the calf muscles tend to compensate for inactive buttocks, and if you have ever suffered from recurrent calf strains or Achilles Tendonitis, the cause could be those sleepy buttock muscles!

So how can we wake up our sleepy buttocks, I hear you ask. The solution is easy, simply requiring you to regularly squeeze the buttocks—I recommend 10 squeezes every 15 minutes—whenever you are sitting for an extended period: in the car, at work, at the movies, or watching TV. And then when you stand up again after sitting, squeeze the buttocks a few times to wake them up before starting to walk. You'll now be able to put your sleepy buttock issues where they belong: behind you.



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