

Serving the local community since 2001

# Back in Shape



## Physiotherapy & Pilates



### Helen's Pilates

#### Term dates: 2018 Term 3

Start: Monday 16 July  
End: Friday 21 September

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#### Alphington Bowls Club Parkview Rd, Alphington

##### All ages and abilities classes

Mon: 12-1pm & 7-8pm  
5.45-6.45pm (Tim's Pilates)  
Wed: 5.30-6.30pm  
Fri: 9.15-10.15am & 10.30-11.30am

##### Cost:

Mon, Wed & Fri: 10-week term:  
\$200 or \$25/class casual  
(\$15/class for Tim's Pilates)

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#### Fairfield Community Room Station St, Fairfield

##### Over 50s class

Mon: 9.30-10.15am

##### Limited mobility class

Mon: 10.30-11.15am

##### Cost:

10-week term: \$100 or \$12/class casual

#### PUBLIC HOLIDAY ALERT:

There are no public  
holidays this term.

### Physio & Pilates Appointments

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## Exercise and oncology

For the fit and healthy there is a great tendency to use illness as an excuse not to exercise. This concept follows the now-outdated idea that it is better to give the body time to fight a disease, without overloading it with the additional stress that exercise can often impose. However, modern medicine is now recognising that exercises can play a complementary role in our healing, even for those diagnosed with something as serious as cancer.

The Clinical Oncology Society of Australia recently made the statement that exercise should be prescribed to all cancer patients as a standard part of their care, both to offset the impact of the illness and to counter the side-effects of the treatment (see <https://bit.ly/2whlvom> for the full statement). This view has also been endorsed by the Australian Physiotherapy Association.

The statement recognises that regular exercise can positively aid the body in fighting disease while alleviating many of the adverse aspects of treatment. Being physically active has been demonstrated to slow the progression of many cancers, increase patients' day-to-day quality of life and improve their longer-term chance of survival.

The exact mechanism by which these effects are achieved is not yet fully understood, but are believed to include improving blood flow through affected areas of the body, flushing out toxins, strengthening the immune system, and releasing natural endorphins.

All people with cancer are advised to progress towards at least 150 minutes of moderate-intensity exercise—or 75 minutes of vigorous-intensity exercise—each week, and to maintain this level of activity once achieved. Additionally, cancer patients are advised to engage in two to three moderate-to-vigorous resistance training sessions per week, targeting the major muscle groups. Currently, the majority of people with cancer do not meet these exercise requirements. Many express a desire to become more sustainably active, but require advice and support to safely do so.

Naturally, exercise should be tailored to the individual's specific abilities, with adaptations included to address disease- and treatment-related limitations. As such, the best healthcare professionals to advise on exercise programs are accredited exercise physiologists and physiotherapists, who should focus on working with their patient to develop an exercise routine that the individual can self-manage in the longer term. Interestingly, since running my



Pilates classes, I have known several attendees who have advised me that they are taking time out while they go through cancer treatment. Until now, I have tended to agree that they should concentrate on their treatment and only return to Pilates once they feel well enough. However, in the light of these new findings, I will now advise anybody with cancer to continue with their Pilates classes, as evidence shows that this will help promote their recovery. Moreover, for anybody who has been diagnosed with cancer and does not regularly exercise, I would recommend that you consider Pilates as a form of complementary treatment.

My regular attendees will know that I habitually work with individuals during my group classes to modify Pilates exercises in the most beneficial way to aid recovery from injury. For example, if somebody is suffering from a bulging disc in their lumbar spine, I will modify the Pilates exercises for them so that they can benefit from the class without causing further damage to the affected area.

Now it seems the same approach can be used for people with cancer. So if you, or any of your friends or family has recently been diagnosed with cancer, I would welcome the opportunity to work with you to help you fight your disease and improve your quality of life.

## Active Standing Exercises

All my regular attendees will be familiar with the Traffic Light Exercises, designed to be done while sitting in the car waiting for the lights to change. My new section 'Active Upright Exercises' follows the same idea, but can be performed anywhere you find yourself standing and waiting: queuing at the checkout, waiting for a train, or just marking time until your soy decaf cinnamon latte is ready. So don't just stand there: get active!



### Good standing posture

You probably already think you know how to stand, but allow me to help you to stand better:

- Your feet should be hip-distance apart with your weight in the centre of your heels and equally at the base of your big and little toes.
- Your knees should be soft: make sure they are not locked as this can lead to ligament stress at the back of the knee and lower back.
- Your knee caps should point straight ahead along the line of your second toe.
- Keeping your knees soft, grow tall through the crown of your head, allowing your chin to tuck in slightly. Feel a lengthening up the back of your neck and all the way down your spine to your tail bone. You can imagine that somebody is gently pulling up on a cord attached to the crown of your head.
- Your arms should hang relaxed by your side.
- Your shoulders should be away from your ears.
- Your chest should be open.
- Relax in this position. If you are doing it right, you shouldn't feel like a wooden soldier standing to attention: more like a rag doll hanging from the cord attached to the crown of your head.
- Do this whenever you find yourself standing with nothing else to do.



## Tim's Pilates

### Engaging your core with a younger crowd

Do you think you are too hip, too young or too fit for Pilates? Think again! Pilates is where it's all happening; where you can go to hang out with the cool crowd, feel youthful, and improve your fitness.

Perhaps you've heard good things about Helen's Pilates from your parents, but would rather engage your core with people of a similar age and outlook to yourself?

Sounds like you should try Tim's Pilates!

Targeted and tweaked for a younger demographic, Tim's Pilates is based on all the sound principals of Pilates, but is designed to offer a more energetic alternative to Helen's Pilates.

The brains behind the brand, Tim Constantinou (son of Helen, as you might already have figured out!), wants to expand the Pilates options in the local community.

"Many people think that Pilates is only for older people, or part of a rehab plan to help recover from injury," Tim explains. "But actually, Pilates is one of those great exercise programs that is beneficial to everybody. Whatever activities or sports you are into, however fit you are, and whatever age you are, Pilates will help you improve your performance and help you feel better about yourself. Come along and see for yourself!"

Tim's Pilates classes will commence initially with a single class from 5.45pm to 6.45pm on a Monday evening at the Alphington Bowls Club. First come first served, but if demand is high enough, Tim will plan on introducing a second class at another time during the week.

Costs are \$15 per class on a casual basis, as a special introductory offer. If you are interested, call Tim on 0412 010818.