

Serving the local community since 2001

# Back in Shape



## Physiotherapy & Pilates



### Helen's Mat Classes

#### Term dates: 2023 Term 2

Start: Wednesday 26 April 2023

End: Monday 26 June 2023

Other than the new Golf Pilates class, there will be no casual attendance in order to regulate class sizes. However, all participants will have access to the current and past Zoom recordings on my website.

#### Alphington Bowls Club

Parkview Rd, Alphington

#### All ages and abilities classes

Mon: 12.15-1.15pm

5.30-6.30pm (Golf Pilates)

7.00-8.00pm

Wed: 5.30-6.30pm (Zoom only)

Fri: 9.15-10.15am

10.30-11.30am

**Cost:** Mon: 8-week term: \$200

Wed: 9-week term: \$225

Fri: 9-week term: \$225

Mon: Special introductory offer of \$120 for Golf Pilates, or \$20/class until class is full

#### St. Andrews Uniting Church

87 Gillies Street, Fairfield

(Classes available Live and on Zoom)

#### Over 50s class

Mon: 9.20-10.10am

Thu: 9.20-10.10am

**Cost:** Mon: 8-week term: \$120

Thu: 9-week term: \$135

#### Limited mobility class

Mon: 10.30-11.20am

**Cost:** 8-week term: \$120

#### PUBLIC HOLIDAY ALERT:

There are no classes on the

King's Birthday Weekend on Monday 12 June

### New Pilates class for you swingers out there

I've been taking golf lessons for a couple of years now, and consider myself very much in the 'enthusiastic amateur' novice category. Having said that, I'm sure all the golfers out there will readily identify with my quest to be better than I currently am.

During my journey so far, I could not help but see some similarities between golf and Pilates: good body awareness; the ability to stabilise certain parts of our body while allowing other parts to move; good flexibility of our spine, rib cage and shoulders; good core strength and stability; and not least, good balance and coordination.

As I've been taking my golf lessons and enjoying playing, I've been drawing parallels in my mind between certain aspects and exercises in Pilates and the requirements of a good golf player. Almost immediately, I came to the realisation that Pilates could be a fantastic tool for improving our golf game.

Whether a beginner to golf or a seasoned professional, it is my belief that—as with other sports, pastimes and exercises—Pilates can improve our performance and enjoyment of the game. Moreover, Pilates is the best way I know to keep us pain free, mitigate the effects of old injuries and prevent new injuries from occurring, whatever our chosen activity. Golf is not much fun, after all, if your feet are hurting, or if you have a sore elbow or a stiff shoulder.

Golf is a fantastic sport and a great way to stay fit and active as we get older. However, as a discipline that requires reproduction and repetition of the same — a s y m m e t r i c —

### Community News

Darebin Parklands Association (DPA) turns 50 on Sunday 30 April. Please come along to support this milestone. The DPA is actively recruiting new volunteers and new committee members, so if you value the parklands as a local resource, please consider getting involved. Contact DPA at [info@dpa.org.au](mailto:info@dpa.org.au) for more information.

**WHEN:**  
April 30th  
2023

- Discover the birds of the Darebin Parklands on a walk starting at 8:30am from the Gleeson Centre
- Walk the Spiritual Healing trail with Uncle Trev (booking essential)
- Visit the Gleeson Centre to explore the history of the Darebin Parklands and the DPA
- Celebrate 20 years of Junior Rangers
- 1pm Join us for cake and refreshments to celebrate our 50 years

**History**

In 1973 the Rockebeare Park Conservation Society formed to secure the safe future of our Parklands. They transformed into the Darebin Parklands Association and now we are rebadging the DPA as the Friends of Darebin Parklands.

If you're keen to help the Parklands throughout the year join us and attend our Park Care Days, the Thursday Crew, Junior Rangers or general meetings or other events.

**CONTACT US** [info@dpa.org.au](mailto:info@dpa.org.au)  
[www.dpa.org.au](http://www.dpa.org.au)

movement, it has the potential to cause overuse injuries. This is especially the case if you increase the frequency that you are playing in order to improve your handicap, for example.

Pilates has a strong focus on symmetry, which helps prevent asymmetries from developing in the body. Having given the subject consideration, I have developed a new Pilates class specifically for you swingers out there!

It runs from 5.30 to 6.30pm on a Monday at the Alphington Bowls Club. There is a special introductory price of \$120 for the next eight-week term, which equates to \$15 per class. I am also offering the ability to attend the class casually for \$20 per class, but only while there are still vacancies in the class. For the class, you will need to bring your own mat, club and two golf balls.

In the golf Pilates class, we stretch all the muscles in the body that are likely to shorten and tighten with our golf, such as our hip flexors, thighs, and the front of our chest. We then strengthen the muscles that potentially become stretched and weakened from our game, such as those in our upper back.

And finally, as golf is a low impact sport, there is a potential to develop low bone density, unless you are also involved in other activities that involve running, jumping, or weight training. As I have discovered myself, golf is a time-consuming hobby and for many of us there is little time to enjoy other forms of different physical activity in parallel. In my golf Pilates class, I address this by incorporating impact exercises and weights.

So whether you are a seasoned pro or a beginner to golf, my new golf Pilates class will help prevent you from injury. It will strengthen the required muscles, and it will improve your flexibility, coordination and balance, thereby allowing you become a better player and enjoy the game even more than you already do! You might be pleasantly surprised to realise how immediate the benefits are.

## Active Standing Exercises

Active standing exercises are generally designed to be performed anywhere and any time you have an idle moment on your feet. However, as this one requires the use of balls under your feet, you might need to be a little more circumspect where you try this one. Happy standing!

### Foot releases

We have been working on this exercise over the last term, and I'm sure most of you will be finding it less painful now than it was at the beginning. However, you can't stop now! Your feet will have tightened up over the decades so we need to continue to release them on a regular basis. I'd advise you to put this exercise in your daily warm-up, or commit to performing it 2-3 times a week. You can use tennis balls, golf balls, or massage balls.

- Starting with the balls symmetrical, stand on the balls with your feet hip-distance apart.
- Stand tall and gradually allow the balls to take your weight.
- Look for tight/painful spots, and once identified don't be in a hurry to move. Keep breathing and focus on what you are feeling.
- Once you just experience a pressure feeling, move the balls to a slightly different position and repeat. This works anywhere on the feet.
- If you find this too painful in the standing position initially, try leaning on a chair or bench top to take some weight off your feet, or try it in the sitting position, or you can try it one foot at a time.

## getback™

### Reactivating the deep spinal muscles

The spine's deep supporting muscles play a critical role in stabilising the spine, and if these are weakened it often results in back or neck pain.

A revolutionary new treatment program—called **getback**—is designed to safely reactivate and strengthen these important muscles with precisely controlled loading and movement.

The *getback* methodology isolates specific muscles and stimulates a response from them. The strength and flexibility of each muscle is measured during an initial consultation, and the program customised to each patient's individual needs.

Treatment begins with light loading and a limited range of movement. It provides the right level of support to ensure pain-free progression.

A wide array of data—relating to strength, pain and range of movement—is continually recorded by the devices to facilitate in-depth review by the patient's physiotherapist or exercise physiologist.

After an initial consultation, a customised plan, typically between 12 and 24 treatments, will be designed to get the best results for your situation and condition.

As this technology is still very new, there are not many locations in Melbourne where it is available. *Melbourne Physiotherapy Pilates and Fitness Group (MPPFG)* is a leading proponent of this exciting technology in Australia and definitely a treatment centre you should consider.

Call 03 9534 0611 for more information, or check out the practice's website at:

[www.melbournephysiogroup.com.au/getback/](http://www.melbournephysiogroup.com.au/getback/)

