

Serving the local community since 2001

# Back in Shape



## Physiotherapy & Pilates



### Helen's Mat Classes

#### Term dates: 2024 Term 3

Start: Monday 15 July 2024

End: Friday 20 September 2024

#### Alphington Bowls Club

Parkview Rd, Alphington

##### All ages and abilities classes

Mon: 12.15-1.15pm

7.00-8.00pm

Wed: 5.30-6.30pm (Zoom only)

Fri: 9.15-10.15am

10.30-11.30am

**Cost:** Mon: 10-week term: \$280

Wed: 10-week term: \$280

Fri: 10-week term: \$280

#### 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: 10-week term: \$180

Thu: 10-week term: \$180

##### Limited mobility class

Mon: 10.30-11.20am

**Cost:** Mon: 10-week term: \$180

#### Tim's Holiday Pilates

Call Tim: 0412 010818

##### All abilities at ABC

Mon: 7pm for 17 &amp; 24 June &amp; 1 July. Cost \$75, or \$25/class casual

Wed: 5.30pm (Zoom only) for 26 June, 3 &amp; 10 July. Cost \$75, or \$25/class casual

Fri: 9.15 &amp; 10.30am for 7, 21 &amp; 28 June, &amp; 5 July. Cost \$100, or \$25/class casual

##### Over 50s at St Andrews

Mon: 9.20am for 17 &amp; 24 June &amp; 1 July.

Cost \$45, or \$15/class casual. Zoom option available

Thu: 9.20am for 6, 13, 20 &amp; 27 June. Cost \$60, or \$15/class casual

##### Limited mobility at St Andrews

Mon: 10.30am for 17 &amp; 24 June &amp; 1 July.

Cost \$45, or \$15/class casual Zoom option available

### Search and release

I have become a sponsor of Ivanhoe Football Club for a second year. Ivanhoe have just moved up into the Northern League, which is more competitive than the Amateur Comp' they were in previously.

At the start of the season, I conducted a practical session with the men's teams, comprising 50 or so players, and the women's team, comprising around 20 players. I taught them how to hunt for tightness in their muscles and release it using tennis/trigger balls, foam rollers and massage sticks.

Understanding how to do this for themselves will help the players before and after games throughout the whole season, and will hopefully help prevent injuries from occurring in the first place. Many injuries occur as a result of our muscles progressively tightening, which leaves them vulnerable to tearing.

Muscle tightness can also pull and tauten the tendons, which may in turn result in tendinopathies or tendon tears, and can compress our joints, causing joint pain. Moreover, tight muscles are weaker and fatigue quicker, leaving our joints less well supported.

Obviously, tight muscles are not only encountered by footy players; it is something we all can experience.

In the last newsletter, I wrote about listening to our niggles and taking appropriate action. The work I have just done with the footy players has highlighted that we can be even more proactive than that. If we regularly go hunting for tightness in our muscles, we can find potential problem areas and



loosen the offending muscles before they even give us that first niggle!

On my website [www.backinshapemelbourne.com](http://www.backinshapemelbourne.com) I have several videos that will teach you how to use a roller and tennis/trigger balls to search for and release muscle tightness. These are the 'Short Workouts and Tips' section. If you currently attend Pilates, or if you are involved in the Ivanhoe Football Club in any capacity, I will give you free access to these.

You just need to 'Login' and 'Sign Up' with your name and email. Make up your own password and 'Submit' and I will permit you access.

Few of us have the time or money to go and have a regular massage. However, once you learn these techniques you can give yourself a great therapeutic massage daily if you want. And it will probably be better than the one you have to pay for!

So follow last newsletter's advice to help prevent a niggle becoming a full-blown injury. But better still, stop the niggles from occurring at all.



## Healthy habits

Healthy habits are small activities that are easy to incorporate into our lives that have benefits that far outweigh the time or effort they take to do.

### Pet project

Pets are beneficial to our health. This is a proven fact, backed by many studies and research.

Growing up with pets helps strengthen our immune systems and helps prevent the onset of allergies. Pets are a good way of teaching children altruism, especially with regards to looking after another creature and putting its needs before their own.

Dogs are great for encouraging us to be more active and to spend more time in the fresh air. This can result in multiple health and social benefits.

Conversely, cats are fantastic for encouraging us to slow down. There is nothing more relaxing than having a purring cat sit on your lap, and research indicates that the frequency of the vibrations of purring actually have healing properties! For the elderly or those living alone, a pet can additionally provide unparalleled companionship.

In general, pets are awesome for our mental health. In addition to the benefits discussed above, there is something almost magical about sharing our living space with an animal, bringing balance into our lives. Every pet has the potential to be an emotional support animal, and every pet can make a house feel more like a home.



## Lethal lilies

### looking after our cats

This article has nothing to do with Pilates or physio, but it is important. On 18 April, one of our beautiful six-month old kittens, Sooty, died after chewing the stem of a lily.

I did not know that all varieties of lilies are poisonous to cats—including the leaves, stem, flowers, roots and even the water in the vase. The toxins cause acute renal failure in less than three days, irrespective of how small an amount is ingested. For example, if a cat grooms itself after brushing against a lily and swallows any sap or pollen grains, that will be enough to kill the cat.

Had I known of the danger I would have removed all lilies from the house and garden and discarded any from flowers given to me. I would also have taken Sooty to the vet within the first 12 hours, as immediate attention is the only way a cat can survive.

As it was, I did not take her to the vet until 48 hours after I first noticed she was unwell and this was far too late for the vet to be able to do anything. Sooty's symptoms included being off her food, vomiting, lethargy, sleepy, drooling, not drinking and not urinating.

Cats are by nature inquisitive; it is hard to stop them exploring. So the best advice is to ensure no lilies grow in the garden and discard any in flowers you are given.

Other toxic plants include Amaryllis, Oleander, Cyclamen, Aloe Vera, daffodils and many more. Please inform every cat owner you know of these dangers.

Sooty was such a ray of sunshine, bringing so much joy, fun and affection into our lives. There is no upside to her untimely demise, but if this warning reaches one other cat owner and saves the life of one other cat, then she won't have died for nothing.