

1

session

feel different

6

sessions

look different

20

sessions

be different

Joseph Pilates



MANIPULATION SUCCESSORS

Your patient wants manipulation? It's a common request from a client with that most frustrating of injuries – back pain.

The Back in Motion stance on manipulation mirrors the New Zealand Manipulative Therapy Society's and the findings of the Cochrane Report.

Manipulation is of value in the sub-acute stage, but not in the presence of radicular pain, neurology cross-dermatomal symptoms, constant pain, referred pain below the knee or discal symptoms.

There is little merit in repeat manipulations if the symptoms are

only temporarily alleviated. It is important to establish whether manipulation is safe, appropriate and not a repetition of previous treatment. At Back in Motion, manipulative therapy is taken very seriously and often our use of clinical reasoning dictates that manipulation is not the best option.

Clients who become therapist-dependant need education in the dangers of too many manipulations causing more harm. Often this is the cue for a different approach, such as an exercise programme, gentle

mobilisation, muscle balancing or stretching programmes.

If you are unsure whether your patient requires manipulation, don't hesitate to ask one of our three directors at Back in Motion for a second opinion. Dusty Quinn, Kerryn Tutty and Graeme Moginie all have manipulative therapy qualifications. Dusty, based in our Albany Street clinic, also lectures to the University of Otago post-graduate programme on manipulation.

Contact us on ph 474 9400, or email: dunedinpt@backinmotion.co.nz

EXPANDING GIFT FOR ALBANY



Back in Motion's Albany Street clinic celebrated its 10th anniversary in style this year, with their team leader, Dusty Quinn, leading the way as only the Irish can. In further celebration the clinic is doubling in size, expanding its Pilates studio and consulting rooms into the neighbouring first-floor offices.

The greater space allows us to offer improved general physiotherapy and Pilates rehabilitation services. To find out more ph 477-1680, or email Back in Motion at: albanypt@backinmotion.co.nz



PILATES SPARS WITH 63 YEAR OLD THIRD DAN



Thirty years of martial arts gives you the flexibility of a snake and striking power to match, but that didn't help Paul Foley the day he went horse riding with his daughter.

"I was brought up on horses," says Paul. "I turned around to talk to my daughter and that was it. Back in Motion Physiotherapist and Pilates instructor, Graeme Moginie, thought it was probably because I had relaxed my stomach muscles. I pinched a nerve just below my sciatic nerve."

Paul has stomach muscles of iron thanks to Tai Kwon Do, but his back strength had been neglected. Paul was referred by his doctor to Back in Motion for a course of physiotherapy and Pilates. "I had been concentrating too much on my stomach. The Pilates exercises I have been doing allow me to pinpoint the smaller muscles of my back."

Three weeks after his injury, and unbeknown to his Pilates instructors, Paul fought his qualifying bouts to achieve third dan status in Tai Kwon Do. "My best defence is my age. People of 63 don't usually do their third dan. I'm up against people of 20 to 30 years old. They don't expect a lot out of me. But to get to third Dan you have to be fairly capable." Luckily it did not set his recovery back too much, completing his prescribed three months of Pilates exercises feeling fit and having learned a thing or two.

"In the classes I teach I now concentrate more attention on the back muscles, getting my students to pinpoint them a lot better. I show them how the muscles tense in different situations, isolating them to make them work a lot better. Pilates helps me to concentrate on my body's core power source, or Chi, as it's called in Tai

Kwon Do, which is centred just below the belly button.”

Paul was surprised to find Pilates exercises were quite a challenge. “I didn't think Pilates would do me any good, because I was already doing similar exercises, but Graeme showed

me how to pinpoint and isolate the muscles. Tai Kwon Do exercises are much more dynamic, not static, small movements. I found Pilates quite hard in that way. It has made me even more convinced that exercise is good for the back.”



BACK TO WORK

Our Albany expansion also allows us to absorb the increased demand for our Back in Motion work-hardening services.

Greater numbers of ACC case managers and general practitioners are referring their clients to us where injury or illness has prevented a return to work. Interest has particularly focused on our graduated return-to-work programme. This programme involves work-site assessments from which we provide a planned, work-hardening schedule, significantly reducing the likelihood of repeat injuries. It also emphasises quality communication between the employer and those involved in rehabilitation.

If you want to know more contact us on ph 474 9400, or email Back in Motion at: albanypt@backinmotion.co.nz, or see www.backinmotion.co.nz

GOLF PILATES MAT CLASSES - 8 WEEKS FOR ONLY \$88!

Our new season of Golf Pilates Floor Classes commence the week of October 20th. These will be run through participating golf clubs which to date have included The Chisholm Park Golf Club and The Otago Golf Club.

Classes are run in the evening from 6-7pm. All welcome.

Bookings can be made through Back in Motion on 474 9400.



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