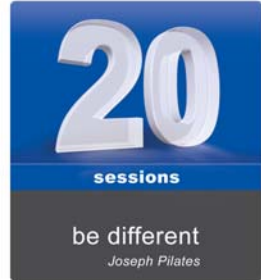


news

September 2008

back in motion

PHYSIOTHERAPY & PILATES



WELCOME!

Welcome to the first Back in Motion newsletter especially for Practice Nurses.

Our services can assist your clients, so we're letting you know more about ourselves and what we offer. We'd also like you to participate in a small survey for which you will go into a draw to win a nice Central Otago Pinot!

SPECIAL OFFER

As part of this newsletter we include vouchers offering a 50% discount on a private Pilates session for clients you think may benefit.

ABOUT US

Back in Motion is Dunedin's most innovative physical therapy practice. We are constantly looking at ways to deliver the best practice to our clients.

Our directors have been providing education to our peers at national level in Manipulation and Pilates. At the same time we have been involved in developing national accreditation and quality assurance systems, and national guidelines on best practice for solving shoulder and knee problems.

Now we are extending our practice, particularly in the area of exercise prescription, and more specifically the Pilates method, to a greater range of the community.





HOW WE CAN HELP



You may have a number of your clients with medical complaints such as diabetes, high blood pressure, joint issues, obesity or neurological conditions. In all of these cases maintaining quality of life is a priority.

Our programmes help your clients achieve this, all in a quiet and private facility supported by a highly-trained instructor. It is our experience that many patients are gym-adverse, but do very well in the small-scale, supported exercise studio environment.

If you have clients you consider would benefit from such a referral, please do not hesitate to call and discuss the situation with us or simply give them a Back in Motion card, so they have the option to contact us.





WRENCHING INJURY SOOTHED WITH PILATES

"I tried everything - swimming, massage, tohunga healers, reiki, crystals - I was becoming desperate. My doctors said they had never seen anyone do as much to try and help themselves. I was having problems walking; I had cramps, pins and needles. I'm an active person, so this back injury was having a huge effect on my life."

Graphic Designer, Dave Burke's, problems began with a car accident in 2004 when his back was wrenched. Afterward, his attitude to the nagging pain in his back was, 'I'll get over it', because he had always bounced back quickly from injury in the past, but the shooting sciatic pains in his legs and back became progressively worse.

"After two misdiagnoses of my condition it was found that I had two smashed discs in my back. The doctors were amazed I was walking at all. So, I had a discectomy, but unfortunately the surgeon accidentally damaged my Dura."

This was when Dave's longer term problems, and his desperate search for a solution, began.

His condition deteriorated to the point where his parents were cooking and cleaning for him. "This was a blow to my ego, to my confidence, everything,"

Dave says. "Then a friend of mine recommended Pilates. I met with Graeme Moginie from Back in Motion and decided to give it a crack. I was a bit cynical, though.



"The Back in Motion staff took me through some exercises. There was a lot of dialogue between them and my surgeon. They had trouble working out what was going wrong, but they sorted out which exercises would not excite the cramping.

"As a sporting guy I was loving it. Life really improved; I had greater core strength. Sometimes it would all go sideways, but when I was doing the Pilates, I was not having as many problems."

Over 7-8 months Dave worked up to doing six Pilates sessions a week, with a couple of massage sessions, too. "When I walked in the Back in Motion staff would know straight away if I was not up to a Pilates session and send me for massage."

Dave no longer practices Pilates after another operation on his back corrected many of his problems. "I felt I didn't need to continue the Pilates any more. But it helped me when nothing else did. I'm a big Pilates fan after this experience."



We value your opinions and would be grateful if you could fill out the following survey and mail it back to us.

NAME:

PRACTICE:

PRACTICE TEL:

Please tick one or more of the statements below:

1. Are you involved in exercise prescription?

- green prescription
- healthy lifestyle, or
- as part of your general practice

2. Have you experienced Pilates?

- yes
- no

3. If you answered yes to question 2, was it

- Mat exercises in a class setting, or
- video at home, or
- in a studio setting

4. Would you be interested in the following:

- a demonstration of pilates, or
- an in-service at your practice, or
- patient information and general resource on Pilates

Thank you!



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