

# FIT NEWS

SPRING 1998

Hours of Operation - Monday through Friday 7:30am - 6:00pm,  
Saturday 9:00am - 3:00pm-Child Supervision Wed/Thurs/Fri 2:30pm - 3:30pm  
(Please advise in advance if child supervision is required)

## Helping you get to know our Fitness Therapists a little better:

### Physiotherapists:

### Areas of Practice

- Anne Dawson** \* Musculo-Skeletal Injuries, Chronic Pain Syndromes,  
TMJ and Neck Dysfunction, Acupuncture, Craniosacral Therapy  
Pilates Rehabilitation Exercise Therapy
- Marina Pianosi** \* Craniosacral Therapy, Feldenkrais Method,  
Acupuncture, Pilates Rehabilitation Exercise Therapy
- Gisele St. Hilaire** \* Musculo-Skeletal Injuries/Sports Injuries,  
Spinal Syndromes, Foot Orthotics, Acupuncture, Craniosacral Therapy  
Pilates Rehabilitation Exercise Therapy
- Leona Buchszreiber** \* Pilates Rehabilitation Exercise Therapy, Craniosacral Therapy,  
Therapeutic Touch, Relaxation Training
- Lesa Campbell** \* TMJ and Neck Dysfunctions, Musculo-Skeletal  
Injuries, Stabilization Rehabilitation Exercise Therapy

### Massage Therapists:

- Robert Stegmaier** \* Swedish Massage, Deep Connective Tissue Massage,  
Acupressure massage, Craniosacral Therapy
- Joan Hagborg** \* Deep Connective Tissue Massage  
Craniosacral Therapy

## WHAT'S NEW NEWS

- ☞ Pilates Reformer classes are now available in their progressive levels. Please see the enclosed green brochure for more details.
- ☞ Fitness Physiotherapy will be welcoming a new physiotherapist to our team - her name is Dhiwya and she will be joining us in May from Minneapolis.
- ☞ TMJ Support Group - next meeting will be on Tuesday April 7th at 7:00pm. Our speaker will be Lesa Campbell, PT, who will be speaking about **TMJ And Referred Neck/Back Pain**.
- ☞ Recommended Reading - **Slow Dance** - a captivating story of the writer's experiences rehabilitating from a severe brain stem stroke - by Bonnie Sherr Klein, published by Alfred A. Knopf; Canada ISBN 0-394-28161-6

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Fitness Physiotherapy Ltd.

Mission Statement

We are a team of licensed Physiotherapists utilizing the full spectrum of therapeutic knowledge  
Our goal is to provide exemplary treatment as effectively and efficiently as possible.

## The FELDENKRAIS METHOD

The **FELDENKRAIS METHOD** is a unique approach to learning, using movement to access the potential of the nervous system to bring about new, more efficient, comfortable and healthier ways of action. It was developed in the late 1940's by Moshe Feldenkrais, D.Sc., a physicist, mechanical engineer, and the first European to hold a black belt in Judo.

Following a serious knee injury, for which the surgical prospects were poor, Feldenkrais began to experiment on himself. He used his background in science, research and the martial arts, and further studied anatomy, biology, human movement and development, psychology, linguistics - anything that would help him solve his problems. He taught himself to walk again, without pain, and in the process developed and refined a method to share this process with others.

Feldenkrais devised a one-to-one hands-on approach which he termed **FUNCTIONAL INTEGRATION**, as well as a series of verbally guided movement sequences known as **AWARENESS THROUGH MOVEMENT**. The focus in both formats is on learning. Practitioners therefore emphasize that the Method is not about therapy but about education.

**AWARENESS THROUGH MOVEMENT (ATM)** is most typically taught in a group setting, although ATM may form part or all of a one-to-one session as well. Each ATM lesson consists of a sequence of movements designed to create new skills or improve existing ones. The process is gradual and supportive, with emphasis on the learning process rather than reaching a specific goal. There is no one right way to do a movement. A healthy nervous system has many options to attaining a specific intention. ATM helps each individual find new options within his or her own uniquely organized neuromusculoskeletal system.

In **FUNCTIONAL INTEGRATION (FI)** the student/client is manually guided through movements. Again the process is gradual and supportive. The practitioner's contact and the student's movements are gentle. Nothing is forced. No structural changes are imposed, no tight muscles are stretched. What happens in FI can be thought of as an exchange of information. The student then uses this information to change his or her own neuromusculoskeletal organization.

**FELDENKRAIS** practitioners often refer to what happens in the Method as "organic" learning - the way an organism learns spontaneously through experience. This is the process of learning most clearly seen in infants and young children. In the **FELDENKRAIS METHOD**, movement is not taught mechanically or analytically; rather, movement is used as a tool in a process of guided self discovery.

Certain concepts are embedded within the **FELDENKRAIS METHOD** to optimize learning. A few of these are briefly outlined. Firstly, effort and speed are reduced in order to augment kinaesthetic sensitivity. Any learning requires the ability to feel a difference; effort and speed diminish sensitivity to detecting differences in how movements are performed. Particularly in early stages, lessons are frequently done lying down or with maximum support, to minimize the effects of gravity. This relieves a large part of the nervous system's activity in responding to gravity. Movement patterns are often unfamiliar or non-habitual, so that the student cannot refer to previously learned motor patterns or habits, and must therefore approach the situation in a novel way. Lessons build in complexity, with simpler patterns learned and integrated before proceeding to more challenging ones. The Method is not designed to leave one dependent on a specific therapy or program. Re-establishing and developing the organic ability to learn gives one the means to take charge and take care of oneself.

## THE FELDENKRAIS METHOD - Continued

Applications of the Method are diverse, ranging from rehabilitation to performance enhancement to personal growth. Clients range in age from infants to elderly. Many people come to the **FELDENKRAIS METHOD** looking for relief from pain, or for help with neurological conditions. Others wish to improve their performance or skill in a specific activity, whether they be recreational or elite level performers. Still others may wish to generally improve the quality of their lives. As Moshe Feldenkrais realized, anyone can learn to improve, regardless of age or physical condition. The human nervous system is remarkably plastic.

### HOW FAR CAN YOU TURN?

Here is a short Awareness Through Movement® lesson for you to enjoy. By doing it, you will demonstrate to yourself that your body has the potential far different from what you normally think.

**Note:** This lesson involves turning the head. It is important that you turn slowly and gently, stopping if you get any signals of strain, discomfort or pain. If you have pain in turning, turn only so far that you **DO NOT** have pain. A very small turn is OK.

To begin, sit comfortably on the edge of a chair with your hands relaxed in your lap.

1. Gently turn your head to the left. Notice a point on the wall that is the furthest point you can comfortably see. Return to the centre. If you had pain in turning, turn only so far that you **DO NOT** have pain. A very small turn is OK.

Gently turn your head to the right. Notice a point on the wall that is the fullest point you can comfortably see. Return to the centre. Turn gently, only so far as you have no pain.

2. Cradle your head with the palms of your hands, so that the heel of your hands is at your jaw line, and the fingers may rest around eyes. Notice that your elbows rest on your chest.

Keeping your elbows glued to your chest and your hands cradling your head, gently turn to the left as far as is comfortable and back to the centre. Notice that the whole upper body turns.

3. Turn to the right in the same manner. Return to the centre and drop your hands into your lap.

4. Repeat step 1. Notice the change from the first time. The change, whether small or large, happens because of the unique way that **FELDENKRAIS®** lessons allows us to engage the hidden intelligence of the body.

**Marina Pianosi, BSc, PT**, is a Guild Certified **Feldenkrais Method** Practitioner. Training to become a Guild Certified Feldenkrais Practitioner involves 800 - 1000 hours of direct teaching over a period of four years, through a program accredited by The **FELDENKRAIS GUILD®**.

## WHAT IS: THE POWER OF PILATES?

# GET STONG, FEEL GOOD!

The Pilates Method of exercise is a kind and gentle exercise program that develops and balances muscle strength everywhere but especially in the central core of the body; the abdominal, back, and pelvis muscles. If the core centre of the body is strong, stable and co-ordinated, the entire body is able to function better at all tasks of work and play.

The Pilates Method has developed into a full body work- out system utilizing floor work on mats and several unique looking pieces of equipment designed to enable the body to move more easily and comfortably. The Pilates "reformer" exercise machine is a large steel contraption fashioned with a moveable carriage and a variety of pulleys, cables, and springs. With the reformer, you can make subtle adjustments in your body position to work specific muscles in movement patterns from every angle imaginable. The exercises may remind you of a hybrid of many sports and activities. This method historically has been utilized by professional athletes and especially by dancers.

At Fitness Physiotherapy, we offer a variety of rehabilitation oriented Pilates mat classes in very small class sizes that can be tailored to your individual needs. Please contact your physiotherapist for further information.

## 1998 EXERCISE CLASS TIMETABLE

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					9-10am Pilates II
					10-11am Pilates I
	11-12 Stabilization	11-12 Reformer I	11-12 Stabilization	11-12 Pilates I	11-12 Reformer II
	12-1pm Pilates II	12-1pm Pilates III	12-1	Ball Class	
1-2 pm Reformer I	1-2 pm Reformer I		1-2 pm Reformer II		
5-6 pm Pilates II	5-6 pm Pilates I	5-6 pm Reformer II			

\*Note: Please see your Physiotherapist for further information or referral. All classes are taught by a licensed Physiotherapist. Fees are billable as Physiotherapy, after appropriate authorization. Classes can be combined with other treatments, please pre-register.