



PILATES ALLIANCE NEWSLETTER

AUSTRALASIA

Member Review: The Running Series—Part I

by Hazel Davenport, ACT

Special points of interest:

- Next CEC opportunity is the 26th July. Don't miss "The Running Series 2".
- The AGM will follow our July workshop, 26th July 5pm. Be there and make your vote count.
- The Pilates Alliance presents BRENT ANDERSON founder and director of Polestar Education, assisted by Shelly Power, Head of Education for Polestar Education on Sunday 24th August 2003 from 12pm-5pm. Brent will be presenting "Healthy Vs. Chronic Pain: A functional model within the Pilates Environment." Cost will be \$180 members and \$240 non members. Light refreshments will be provided.
- Full Members of the Alliance have been registered with the following Health Funds for provider status:
 - HCF**
Att: Provider Registrations
403 George St
Sydney NSW 2000
info@hcf.com.au
 - Defence Health**
Att: Rachel Yuille
PO Box 7518
Melbourne VIC 3004
info@defencehealth.com.au
 - NSW Teachers Federation Health Society**
188 Day St Sydney 2000

Full members names and contact details have been passed on to each fund. You may simply request that a provider number be issued to you. Some funds (ie Defence Health) may contact each member directly with a provider number. We will keep you updated with new providers as they come in.

- Alliance Contact Details
Pilates Alliance (Australasia)
PO Box 374 Surry Hills NSW 2010
(M) 0401-152-237
www.pilatesalliance.net

At 9am on the 31st May I was enjoying a beautiful frosty Canberra morning. By two o'clock I had swapped this environment for a warm Sydney winters day, having made the journey to hear what Trevor Proskewitz (podiatrist) and Catherine Stephens (physiotherapist) had to say about "Running" in the first of the Alliance CEC Program workshops.

Trevor introduced us to basic foot function during walking and running, emphasising that to understand the process a thorough knowledge of the muscles and their origins, insertions and actions was essential. Amazingly, the foot with its 26 bones makes up a quarter of the body bone structure. Its function is to act as a shock absorber and support the body, or, as Trevor said - it's a 'mobile adapter to the ground'!

After explaining the complex biomechanics of running, very useful practical information was given on what to look for when checking a persons walking/running style. From there we looked at what the outcome might be when changes from the 'usual' style occur.

Trevor emphasised there was no such thing as 'normal' or 'average' walking/running styles and introduced us to the term 'usual' to describe what could be expected. Apart from muscle weakness creating imbalances throughout the body, 'mechanical defects' such as knock-knees or bow-legs could influence a persons style of walking/running and lead to injury or under-performance.

Trevor ended by emphasising that we are 'observing effects and not causes'. Identification of cause from effect is considered difficult. Therefore, if a person presents with flat feet and no injury or pain, there may not be a need to treat the flat footedness from a podiatry perspective.

The second speaker, Catherine, quickly had us on our feet getting first hand knowledge of muscles used for walking and running. 'Nothing works in isolation and segments of the body cannot be separated', she emphasised. This we quickly understood as we experienced first hand going from walking/running in the 'usual' fashion, to trying it with toe strike first, locked knees and 'model' walks with hip drops.

It was easy to see how injuries could occur while running, particularly when the body weight pounding down onto the foot increases 3- 4 fold from walking to running.

We felt how the whole body connected from the placement of the foot, the movement through the legs, hip involvement, abdominal and spine co-contractions, upper body swing, arm-shoulder movement, right through to the bobbing head. We tried to identify muscles working, and how they switched between movement and stabilisation.

These were excellent presentations. The topic is very complex. It is not a Pilates practitioner's place to diagnose major injuries. However, Pilates, with it's holistic approach to balancing and strengthening the body with emphasis on sequential firing of muscles, should be at the forefront of remedial work in these areas.

I'm looking forward to the next workshop in this series.

(Thanks Hazel for volunteering your journalistic skills and summarising an afternoon of complex information—Ed)

AGM –26th July @ 5pm

Pilates Alliance (Australasia) AGM

26th July 2003

5.00pm-7.00pm

Pilates International

Studio 41-42, Level 4

61 Marlborough St

Surry Hills NSW 2010

The AGM will follow the Running Series Part 2 workshop. Please refer to the attached information regarding the AGM.

Continuing Education—The Running Series 2 & 3

The second workshop in The Running Series and the next opportunity to obtain CEC's, The Weekend Warrior/Recreational Runner, will be held on Saturday 26th JULY 1.30pm - 4.30pm at Pilates International.

It will include a look at the common imbalances and problems associated with the recreational runner, as well as corrective exercises for the prevention of injuries and enhancement

of performance. Our guest presenter will be Muriel Ginges who is a sensational therapist with a gift for biomechanical understanding.

If you intend to attend, please forward your payment - \$ 50 members, \$80 non members to The Pilates Alliance PO Box 374, Surry Hills 2010 or you can pay in cash at any committee member studio. Receipts will be issued on the day.

Part three of the Running Series, The Elite Athlete, will be held on 25th OCTOBER, will examine ways to enhance performance and maintain physical wellbeing in the elite athletic client. Common overuse injuries, as well as present ideas on how approach correction and prevention of these injuries will also be addressed.



RUNNING Part II **26th July 2003**

@Pilates International
1.30pm-4.30pm
3 CEC's
Members \$ 50.00
Non-members \$ 80.00



Continuing Education - Presenting BRENT ANDERSON, Founder & Director of Polestar Education 5 CEC's

On **Sunday 24th August 2003 from 12pm-5pm**, Brent Anderson will present a workshop open to all professional pilates instructors. Assisted by Shelly Power, Director of education for Polestar Pilates, Brent will present "**Healthy Vs. Chronic Pain: A functional model within the Pilates Environment.**" This workshop will consist of lecture and demonstration of recent work and research on a health and disability model. Its focus will be on the advantage of work in the Pilates environment and a hypothesis for the successful anecdotal outcomes often experienced by Pilates practitioners while working with a chronic pain population. We will recess for a short break in the afternoon with light refreshments provided and a chance to catch up with colleagues.

Registration is required on or before 10th August, members \$180, non members \$240, which can be paid by sending a cheque or money order to The Pilates Alliance PO Box 374 Surry Hills 2010, or in cash at any committee member studio. Receipts will be issued on the day.

BRENT ANDERSON (PT, OCS)

Brent Anderson is a Physical Therapist and Orthopaedic Certified Specialist, and a leading international authority in Pilates-evolved techniques for rehabilitation and performing arts medicine. Brent is a frequent speaker at national and international scientific and professional conferences. Brent consults with professional dance companies, universities and conservatories throughout the world. He served as President of the American Physical Therapy Associations Performing Arts Special Interest Groups and is a member of the Research Committee, International Association of Dance Medicine and Science. Brent is currently pursuing a doctorate in Physical Therapy at the University of Miami, Division of Physical Therapy. In addition Brent owns and operates Balanced Body Miami, one of the USA's largest and most comprehensive Pilates-evolved centres offering services from rehabilitation to fitness. This highly successful studio has become the model for many other Pilates studios worldwide.

SHELLY POWER (BS)
Shelly Power is the Director of

Education for Polestar Pilates Education. Shelly is also one of Polestar's Principal Educators, and has taught for Polestar Pilates Education since its inception in 1992. She studied Pilates and worked as a physical therapy aide with Brent Anderson at his clinic, Anderson Physical Therapy, in their native Sacramento for seven years, and later moved with Polestar to Miami in 1998. Shelly is also co-owner of Polestar Pilates Miami, a Pilates-evolved conditioning, rehabilitation and physical therapy studio in Miami, Florida. Shelly is pursuing certification in the Gyrotonic Expansion System with Angela Crowley. She has been a member of International Association for Dance Medicine & Science (IADMS) since 1996, and is a member of the Pilates Method Alliance. Shelly danced professionally for twelve years with the Sacramento-based modern dance company Dale Scholl Dance/Art. During this time she also trained dancers from the Sacramento Ballet in Pilates. She received her BS degree in Dance from California State University, Sacramento, where she served on the faculty from 1992-1998.

Continuing Education—Other Assessed Programs

PILATES PLUS

Hosting Rael Isacowitz & Karen Clippinger (USA) on the Gold Coast.

August 13th - 18th, 2003

Topics Include:

- Spinal Stabilisation
- Neck & Shoulder Dysfunction
- Integration of Pilates Method for Management of Scoliosis
- Enhanced Athletic Performance
- Master Level Repertoire
- Dance Specific Repertoire

All Enquires to:

Shauna Hall, Pilates Plus
(07) 5577-3155
info@pilatesplus.com

A 10% discount will apply to all Pilates Alliance members
15CEC for Full Week
or 3 CEC per Day

NEW MEMBERS

The Alliance welcomes new members.

Kristin Lyon, Palm Beach, Sydney

Emma Canalese, Sydney

Katrina Edwards, Moonee Ponds, Melbourne

Shelley Seggie, Melbourne

Mandy Jennings, Melbourne

Sharmini Winslow, Singapore

Newly Registered Studio's include;

The Pilates Space,
Moonee Ponds, Melbourne

For all enquires re advertising in the Alliance Classifieds please contact Kristy Wetherell at absolutepilates@bigpond.com