

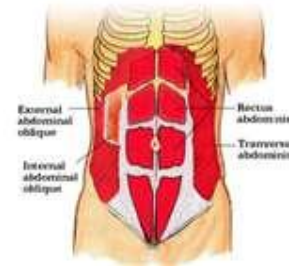


Pilates in Rehabilitation

What is it really and does it work?

Pilates seems to be the exercise of the decade, but does it fit in the rehabilitation arena?

- How do we know whether we are using our deep abdominal muscles?
- If our injured workers were doing Pilates, would this improve their safe return to work?
- What about prevention? Let's avoid injuries through improved core stability.



If you have always wondered what Pilates was truly all about, we are conducting a FREE 90-minute informative and practical education session through Smart Health Training & Services and supported by Self Insurers of South Australia. The session will discuss the myths and truths about the Pilates Technique, and highlight its rehabilitative origins. The session will be conducted on-site in Smart Health's fully equipped Pilates Studio, so that you can observe apparatus in action and even have a try to experience how it works.

A key in achieving an efficient deep abdominal contraction is the Real Time Ultrasound. It is imperative that both the client and the therapist can see how the abdominals are working and whether there is any damage that requires therapeutic treatment. During the session, you will all observe an assessment and discover how vital this method is.

This session will benefit you if:

- You currently have a worker with spinal pain
- You manage injured workers who take too long to return to work
- You feel that injury management can be too passive and therapist-dependent
- You are exposed to a group of workers whom historically get spinal pain
- You strive to be proactive in preventing injury



Jenni Guest of Smart Health is one of Australia's Principal Educators in the authentic Pilates Method, holding a number of Post Graduate Level Qualifications. Running teacher training programs and having worked in the Workers Compensation Arena for 15 years, Jenni understands the needs for functional return to work and how it is best achieved in a most efficient manner.

Time & Date: 5pm-6.30pm, Thursday 16th September

RSVP: Linda McMahon (Practice Manager) 08 8293 1100

Other Information: Bring loose, comfortable clothing if possible. Nibbles and drinks provided.

Venue: Smart Health, 12-22 Richmond Road, Keswick SA 5035 (map right).

