

THE PILATES JOURNAL



Celebrating March Matness

THE NEEDS OF IVF CLIENTS

Understand how you can support your clients during IVF treatment

BACK TO THE MAT

Never lose sight of the importance of matwork

MAKING SENSE OF MENOPAUSE

Build your skills in helping clients through Menopause



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Contents

2 **EDITOR'S NOTE**
Welcome to another edition of the Pilates Journal.

5 **BACK TO THE MAT**
Never lose sight of the importance of matwork with Kimberley Garlick.

7 **SUPPORTING CLIENTS THROUGH IVF**
Understand how you can support your clients during IVF treatment.

9 **ELEVATING YOUR PRE & POST NATAL PRACTICE**
Channeling greater introspection, insight and observation makes for a better teacher across the board.

11 **MAKING SENSE OF MENOPAUSE**
Build your skills in helping clients through Menopause.

12 **MEET ANDRE GARRAUD INSTRUCTOR SPOTLIGHT**
Meet Senior Instructor Andre Garraud and learn about his breathwork training.

14 **EQUIPMENT THAT MAKES THE DIFFERENCE**
Hear from Inna Essence studios about why they chose Leisure Concepts equipment.

18 **CREATE GREAT SOCIAL CONTENT**
Learn how to build community and create engaging content for your business.



The Pilates Journal would like to acknowledge and pay respects to the Gadigal people of the EORA nation as the traditional custodians of the place we call home - Sydney - where this journal is produced.

The Pilates Journal pays respects to their elders, past, present and emerging, and acknowledges all Aboriginal and Torres Strait Islander peoples.

16 **POWER PLANK**
Teaching clients of all stages the plank that's right for them with Eixr's Head Pilates Coach.

20 **DON'T SHRUG OFF SHOULDER WORK**
Learn how to restore movement to the shoulder.

Note from the Editor



Welcome to another edition of The Pilates Journal of Australia.

This month marks March Matness and celebrates the traditional sequence of Pilates Mat exercises.

What I love most about this is it brings our incredible community together. It's not a competition. Not a challenge. It's a come-as-you-are-and-be-accepted space. It may be the one time of year that you truly reflect on Joseph Pilates work and reignite the joy you get from these exercises with our clients.

In support of International Women's Day, we also focus on Womens' Health and hear from leading experts on how we can support our clients going through IVF and or pregnancy, how we help others adjust to life with Menopause or simply look after their shoulders at any age.

For studio owners, we also learn how to build community and great content for your social media channels.

We look forward to continuing to celebrate the mat with you for the rest of the month.

CJZarb

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On the Cover

Xtend Barre Alexandria

Back to the mat

NEVER LOSE SIGHT OF THE IMPORTANCE OF MATWORK
WITH KIMBERLEY GARLICK

by Kimberley Garlick



As we steamroll into March you may notice your social feed full of mat exercises done in all manner of spaces and places. The love of mat becomes apparent on social media due to the March Matness phenomenon, brought to life by Benjamin Degenhardt on a vacation back in 2012.

A great foundation for thinking about the power of mat exercises is “The return to life through Contrology” book by Joseph Pilates (JP), which gives us a wonderful insight into JP and his way of viewing the world as he believed it should be and his exercise formula that he followed starting with the Hundred.

I would encourage you and all clients to look beyond the guidance of a Pilates machine and the amazing spring system as a support mechanism, by adding a mat class to weekly routines.

Why you ask? Well, the studio environment creates a magical space to encourage all people to move. The availability to change a spring, provide support or assistance, or challenge and add resistance is a seamless way to start and get it right from the beginning. However, for the ultimate test of your centre and personal Pilates practice, you cannot go past a mat workout.

Mat work is also incredibly practical. You can do it anywhere, anytime.

By embracing mat work you are creating a home tool kit to manage your own personal wellness and practice and that of your clients. It is inexpensive, it is time efficient and it can either be very challenging or have options to be user-friendly for the less fit and able.

It is you and gravity. Gravity is the force that makes everything fall towards the earth and keeps the earth in orbit around the sun. So when it is you and a mat, your load is basically your body weight and gravity. When we use the spring system of a machine we are in a way defying the law of gravity and that can create the feeling of weightlessness and support. If you are injured or overweight this can be a very encouraging environment to build confidence and a positive movement experience. Mat is very relevant to life and functional movement. Let’s face it we can’t have our legs in straps whilst gardening, or the pedals of the wunda chair to support us in extension on the surf board, can we?

Mat works us in all planes of movement and builds strength from head to toe. Whether the absolute formula of the Contrology order is right for you is probably another article in itself. Would I start many people with hundreds in their home program? Probably not. However, would I have them complete homework on the mat? Absolutely yes.

"I truly believe that if you can master the art of understanding the why, what and how of the Pilates exercises on the mat you will then create amazing links to the purpose of the studio equipment."



When I am designing a class, I want the participants to feel they are being taken on a Pilates adventure. You want to build their body awareness and ensure they are present in their workout before loading them into massive movement integration exercises. Prepare their mind and body. Hypothetically, if we were only to use the Contrology exercises, I would most likely begin with a single leg stretch or scissors, roll up and rolling. However, I find that the Pilates movement has evolved so much that I would consider a class focused only on Contrology exercises as a class for the Pilates devotees, experts or super movers. I use the class format of the original JP as a weekend workout and put my daily practices into place to ensure my body can manage it. Lets face it, we want to feel great in a workout not defeated or in pain.

The original start up is Hundred, Roll Up and Rollover in comparison to maybe something like this - Bridging, chest lift, side to side, femur circles, assisted roll up into single leg stretch, criss-cross, roll up, rolling, then hundreds, rollover. You get the drift. Create a magical path into optimum movement into the amazing Contrology exercises.

So what does that matwork mean to us as teachers?

The Pilates mat routine is an ultimate workout and proves to challenge us in all planes, and mobility. Whether it is humbling or exciting for the Pilates practitioner depends on the person. For me, I love the workout of a mat class. I heard Maddison, my daughter, also a Pilates teacher, say to someone that she loves doing mat classes as it creates true balance and she feels very very grounded, centred and you can unleash your true primal

instincts. I truly believe that if you can master the art of understanding the why, what and how of the Pilates exercises on the mat you will then create amazing links to the purpose of the studio equipment. Every mat exercise can be broken down for the equipment. Even in our studio sessions I'll use at least 2-4 mat exercises with clients, and mention how it can become a part of their homework routine.

At the end of the day, I want to teach people to understand their bodies in a subtle way and create a better balance between the muscles. Wake up the intrinsic muscles and let the big boys chill out a little.

Empowering people to move on their own is a very joyful and rewarding part of our role as pilates practitioners. Small props can aid in support for building up towards the full versions of many of the mat exercises and we should be encouraging every person to be responsible for their own health, rehab and wellness. With increasing obesity among Australians and our hospitals booked out with elective surgery, our role is not only to get people aesthetically pleased with results but also educating them on care for their body as a whole. The mat is an affordable and achievable workout for most and may lead to lessening the burden on our health system.

Let's be a part of getting our world to improve health through movement. I hope more people join our mat classes.

Kimberley owns Northern Rivers Pilates in Lismore
northernriverspilates.com.au/



Supporting clients through IVF

UNDERSTAND THE SENSITIVITY OF FERTILITY AND HOW YOU CAN SUPPORT YOUR CLIENTS BETTER

by **Jennifer Guest**

These days it's so common to have a client walk through your door who's either about to go through or has been through IVF treatment. It's a path that many women have to take when planning a family or wanting to grow it further. It's a time that must be treated with the utmost care and consideration.

Senior Educator for Polestar Pilates Australia and Senior Physiotherapist Jeni Guest provides an overview of the current research when it comes to IVF and how we should be working with these clients.

First, let's look at the numbers to understand the impact. Last year 55,000 women in Australia underwent IVF treatment. Success rates have increased by around 18% in the past decade. With the number of women receiving IVF expected to continue to increase, it's a good reason for us to be across how we support these clients through their journey.

IVF or Invitro Fertilisation is the medical science of joining an egg and a sperm outside of the body, and the viable embryo being

surgically implanted into the female. The first IVF baby was born in the UK in July 1978, but it was through the 1980s, in Australia, that the developments of IVF expanded exponentially both scientifically and with more supportive regulations.

In a successful IVF fertilisation, it is after 12-weeks pregnancy, remembering there is an average of 40 weeks in total, that a pregnant mum is transferred to her own Obstetrician and cared for under the normal obstetric services.

While there are key considerations for working with all pregnant women, and we'll cover those first, there are also some really important things we need to know when working with women undergoing IVF, which we'll take a look at as well.

Key Considerations for all pregnant women:

– Get ultimate clearance from the treating reproductive doctor /obstetrician

- In most cases, ongoing exercise is recommended to ensure that the body is maintaining its equilibrium
- Keep this exercise impact gentle and monitored throughout the class and through the entire pregnancy.

For women undergoing IVF treatment, there are specific considerations:

- It is recommended that a pregnant mum exercise four hours per week for optimal fitness without causing undue harm to her or the unborn baby. In 2006, The Obstetrics and Gynaecological Council of Australia recommended four hours of exercise each week, in the form of low-impact walking, swimming, Yoga or Pilates.
- During the two weeks from egg transfer and before confirmation of pregnancy, we must keep exercise low-impact, consistent and uneventful (nothing new)
- We must avoid torsion around the pelvic region, maintain skeletal alignment and limit any impactful shearing through the pelvic girdle. So to avoid a torsion force through the pelvis we must avoid any rotational load that causes a force opening through the sacroiliac joints or pubic symphysis (that's the front centre joint of the pelvis (where the two pubic bones join with a small cartilage in between). This can occur when we overwork one of the oblique pelvic slings or work in a unilateral stance. For example, doing the standing leg pump with rotation on a duradisc, side lunge on the wunda chair or advanced side splits on the reformer with a light spring.

We also need to remember:

- The effects of the hormone Relaxin (which peaks at 12 weeks and 39 weeks of pregnancy) and the ligament laxity produced. Respect the ligaments throughout the process and the pregnancy.
- Avoid overheating, so keep the room temperature controlled, consider adjusting the repertoire in the summer months, and keep cardiovascular impact and changes to a minimum
- At the point of egg retrieval in the IVF process, and two weeks after egg transfer avoid any high impact exercise through the clients' pelvis
- Ensure you tell your client not to do any running exercise (even if they are a runner).
- At the 12-week gestation, we will consider all our pregnancy precautions and contraindications thereafter.

Other considerations that will be weighed up by women undergoing IVF, which are helpful for you to be aware of:

- The number of attempts the woman has had at conception thus far
- Ongoing options related to the mother's age and remaining viable eggs / embryos
- The potential for multiple births (we all remember the story of Octomum who carried 8 viable embryos to term)

Our approach to Pilates

- With the above in mind, it's important that we:
- Avoid flat supine lying exercise after 20 weeks
- Avoid supine abdominal loading after 24 weeks
- Avoid torsion forces through the pelvis during egg harvest and embryo transfer phases
- Respect the hormonal ligament laxity

- Take a good history of your client
- Explain to your client, your own understanding of the IVF journey and why we may control some movements.

Exercise program

This means that like with pregnant clients we are avoiding any advanced work, no inversion or supine abdominals and no exercise which could potentially cause a Valsalva breath hold (when you breathe out of your mouth and block your nose). At the time of IVF injections, ligament laxity increases, so it's important that you ensure stability and work through smaller ranges of movement. Some women may also choose to take a break from exercise during this time.

Working with new clients versus existing clients

Always remember to take a good history of your new clients.

If it is an existing client, who then starts IVF, be aware of the phases of their cycle and support them through those. The advantage you have here is that you have already taught them the fundamentals of the Pilates Method.

If someone arrives to class and they are a first-timer and they are undertaking IVF, they must have a Specialist's approval to begin. It would be best to ask them to have an initial appointment with you first, for the safety of themselves and the foetus.

Feel comfortable knowing that quality Pilates is a viable option for women undertaking IVF and pregnancies. As an instructor, stay faithful to your knowledge, your understanding of precautions and contraindications and your awareness of the fundamental principles.

Supporting those taking multiple rounds

Whether they are undergoing multiple rounds of IVF or perhaps they are trying for a second child, we want to maintain the same approach for any pregnancy, however, we may look to reduce the load generally speaking if a woman is having twins, triplets or more, as they can potentially overheat more easily.

Supporting clients going through a miscarriage

This will be a delicate time for a client and so if they share this with us, it's important that we show them support and encouragement at this time. In my own view, I'd look to be really careful with them. I wouldn't recommend that they stop exercising because you want the body and movement as regular as possible.

Our role as practitioners is to help guide, encourage and support these clients. If nurtured they can become long-term clients. Remember it's o.k. if you don't have all the answers; you aren't their obstetrician. We need to encourage them to get advice from their obstetrician and keep us up to date on any developments so we can best support them over this crucial time.

Jennifer Guest is a Senior Educator Polestar Pilates Australasia and Senior Physiotherapist [Smart Health](#), South Australia.

Elevating your practice in womens' health

CHANNELING GREATER INTROSPECTION, INSIGHT AND OBSERVATION MAKES FOR A BETTER TEACHER ACROSS THE BOARD

by *Lauren Jones*

The popularity of women's health-specific programs has exploded in recent times. In particular, more and more women seem to want to understand the benefits of exercise during the Pre and Post-Natal phase. In order to meet this ever-growing need, I needed to find a reputable program for my highly trained staff that would meet the needs of our client base.

I remember seeking out postnatal exercise programs after my first child was born as I tried to rebuild my body in a safe and considered way. Since then I've seen a lot of the offerings in the women's health realm that promise to 'fix problems' rather than appreciate that we need to learn about our changed body and how to care for, nurture and restore not only our physical health but our emotional and mental wellbeing. For me, The Center For Women's Fitness provided education drawn from a place of empathy, insight and experience at the heart of it. It acknowledges common issues and offered intelligent and holistic strategies to restore the female body and evidence-based research to support the method.

So in 2019, I completed Carlyne Anthony's Women's Health Certification program just a few short months after giving birth to my second child. For me, Carlyne's work profoundly affected how I approached movement in my own body and I quickly recognised a vast population of our clients who could also benefit from Carlyne's teachings. Since then, the distinctive green and white balls central to her teaching have been a consistent favourite in our studios.

We were privileged to host Carlyne when she last came to Australia in 2019 and I was fortunate enough to attend her full certification program. Carlyne offers education and training that supports a woman's changing body and promotes working well, not working hard!

Carlyne is an advocate for women and she uses movement to empower and educate women about their bodies through every stage of life. Before becoming a lead educator, Carlyne's mentors go through each program now delivered online, and the most important element is practice. She encourages her trainers to keep working while doing the course, experience how your own body responds to the training and teach her method to as many bodies as you can. Learning through experience and empowering women are two key principles that really resonate with me.

I believe in her work and incorporate it into my regular practice



because it helps me exercise better, connect deeper, work effectively and still breathe!

One thing Carlyne focuses on specifically is engaging the parasympathetic nervous system through mindful breathing and passive alignment. I have seen a dramatic change in my own practice as a result of this and it is one thing I prescribe to most of my clients at the beginning of each lesson. The relaxation alignment exercise is the simplest way to draw the body out of the 'fight or flight' sympathetic nervous system, and begin to feel a greater awareness of their own bodies. It's about calm breathing and observing how your muscles loosen as they hold on the bone. The softening of the muscle tissue from the head to the feet as you relax into a gentle exhalation. It truly is such a positive and empowering element that is so easy to practise. And for anyone who has studied Carolyn's method, you'll know that the green ball is an incredible addition as part of her program. I still use it every day!

Since studying with Carlyne I also feel that I am a much more patient teacher. When it comes to teaching other teachers, I consciously look to unpack some of the subtle aspects underlying key exercises and use progression throughout repetitions to layer details rather than just teaching a more difficult repertoire. When it comes to clients, I allow them to breathe and find their way more independently, rather than trying to micromanage every exercise. I also love the depth of challenge that I'm seeing my clients' experience or what I like to call the tremor of truth! I really try to talk to the fascial connections and educate my clients beyond the choreography so the purpose of the exercise is transparent.



"I want to be tuned into the body I'm teaching, which often means letting the lesson evolve organically rather than putting the client through a planned program, especially in a one-on-one session."

I want to be tuned into the body I'm teaching, which often means letting the lesson evolve organically rather than putting the client through a planned program, especially in a one-on-one session.

If I reflect on what my younger self would have wanted, I'm sure I may have been tempted by HIIT Pilates. I used to love to push my clients and make them sweat. Fortunately for me, I came up in a very nurturing environment and my continuing education over the last 18 years has happily taken me down this path where I feel we work smarter in our bodies, not pushing ourselves to breaking point.

There's also so much to be gained from Carolyn's Rocking and Rolling to Release program. The quiet nature of this program might be deceiving for some but when you start to understand the role of the green and white balls and how they give the moving body a chance to sink into an effortless movement pattern you can then transfer the learning into exercises that your clients will find surprisingly challenging.

The most common hurdle I find is hip flexor dominance when holding the legs up. Connecting the breath to the pelvic floor and then by extension the legs using the soft white ball under the sacrum to find a gentle and natural rock of the pelvis. Adding simple leg lifts with a focus on the sacrum placement on the ball adds awareness of instability and compensation patterns, and then finally bringing both legs to tabletop with a focus on the breath, allows for the legs to be heavy into the ball rather than holding them up and again rocking the pelvis gently into the ball to create a mini pelvic clock.

What I'm trying to do is utilise a strategy of laying strong foundations and layering information and challenge; loading and levering gradually needs patience from both the instructor and student, but the reward is having a client grow increasingly strong, confident and calm with an understanding that they don't have to make the exercise hard to work well.

The breath work is so useful too as so many people habitually hold their breath while figuring things out. The fact that the breath underpins the ball work keeps clients calmer and again, not overworking their sympathetic nervous system.

The whole body focus of Carolyn's program fits in so nicely with our Pilates programs and the clients love the independence they gain from introspection and observation rather than a 'control and fix' mentality. Working the fascial lines and treating the body as a whole rather than exercising one area at a time. One of my goals is to support the person I'm teaching to help them find confidence and feel secure in their movement so they can progress. And for me that's tied back to the breath. There's no better way.

You can find out more about Carolyn Anthony's Women's Health Certification by reaching out to [The Movement Collective](#) in Sydney. They are the faculty/host for Carolyn's [training method](#) in Australia.

Lauren Jones is one of the co-owners and Studio Managers at [The Movement Collective](#).

Making sense of Menopause

UNDERSTAND HOW YOU CAN SUPPORT YOUR CLIENTS THROUGH MENOPAUSE

by Louise Taube

Hot flushes. Night sweats. Interrupted sleep. Mood changes. Weight gain. Irregular periods. Exhaustion. What more could you ask for!

For many women, Menopause is often something that arrives unexpectedly. Some women will need treatment. Some will not.

Called 'the change of life' and for good reason, because for each woman, it's entirely different. When they come to you in studio it's often new sensations over consecutive months that may draw the puzzle together for them or for you. Or maybe they've been to see their GP after seeking answers to the changes in their body.

While Menopause is often a topic shirked away from, we are getting better about being open and real about this life stage that will be part of every woman's life.

We are tackling it here, because it's our role as Pilates practitioners to help guide and provide safe and effective movement during this challenging period of our clients' lives.

So let's start with the different stages of menopause.

The Transition into Menopause

Peri-menopause refers to the time the female body makes the natural transition to menopause, marking the end of the reproductive years of a woman's life. This can be a time of grief for many women as they adjust from a time of being young and fertile to ageing and being infertile. Women start peri-menopause at different ages.

With peri-menopause Oestrogen drops, Cortisol rises and this causes mood swings. Women tend to put on belly fat due to the changes in hormones, and this can impact self-esteem. Some women may be tempted to exercise more and eat less, but this can create an exhausted body that is already processing a number of changes. It's important to maintain a healthy weight. Some may think that HRT (Hormone Replacement Therapy) is a magic pill, but this is not the case as HRT can create a risk for breast cancer.

Stepping into Menopause

Most women become menopausal between 45 and 60 years of age. Symptoms during menopause include changes to the menstrual cycle, hot flushes, night sweats, muscle and joint aches,



mood swings, tender breasts, emotional changes, vaginal dryness, trouble sleeping, fatigue, joint stiffness, and negative changes in cholesterol and vascular function.

Some cancer treatments such as removal of ovaries (e.g. for certain types of breast cancer), and chemotherapy can also bring about menopause abruptly.

During Menopause a client may experience:

- a dramatic loss of bone density
- decreased muscle mass
- laxity in the joints
- exhaustion and or
- feeling stiff to name a few.

As we support our clients through Menopause our program goals should include helping to improve a client's confidence and mood, to focus on supporting bone density, building muscle mass, improving sleep, stabilising joints and creating better balance.

Below are 8 key areas of focus for working with Menopausal clients:

1. Warm them up and cool them down slower

Remember to do a longer warm-up - 10 to 15 minutes and a longer cool-down to aid the body more for movement.

2. Keep pelvic floor muscles functioning well

The lack of Oestrogen decreases muscle mass and the pelvic floor is made up of muscles, so it is important to keep these muscles functioning well too.

– Practicing lifting and also relaxing the pelvic floor to maintain tone. If there is prolapse then the Pilates exercise program should limit exercises with excessive intra-abdominal pressure. So many of the core exercises we know and love should be limited and in some cases omitted completely. Focus on functional exercises such as:

- Sprinter on the Reformer,
- Wunda Chair or mat work

3. Build strength through bone building and muscle mass

In order to build muscle mass,

– use hand weights with exercises such as scooter, standing side splits skater series on the reformer, and standing leg press on the Wunda Chair

- donkey kicks sprung from below on the Cadillac,
- bridging on the Chair from the floor with pulses,
- knee stretches on the Reformer and
- side lunges on the Wunda Chair.

4. Maintain muscle mass

The lack of Oestrogen decreases muscle mass so it is essential to maintain this. (Also, muscles burn more energy than fat, so the more muscle mass the better the metabolism, which is another benefit to the menopausal woman).

Exercises such as:

- scooter on the Reformer,
- lunges on the Wunda Chair,
- standing leg springs on the Cadillac.
- standing arm springs with the Cadillac that work to build muscle mass with resistance are of great benefit.

5. Keep joints supple

Focus on exercises like:

- legs in straps on the Reformer,
- kneeling thigh stretch on the Reformer.
- mermaid on the Chair.
- ballet stretches on the Ladder Barrel or Cadillac.
- thoracic extension stretch over a chi ball.

6. Balance work

Balance is so important for post-menopausal women. Falling and breaking bones is not fun, but the fear of falling can be debilitating.

Practice the:

- standing leg press on the Chair with all its lovely variations of weight transfers,
- slow blinking, head turns,
- wobble board,
- dura disc and rotator disc to keep it challenging.

It's also important to note that Pilates exercises such as jumping on the Reformer can assist in reducing or maintaining weight and improving mood.

7. Stabilise the joints

Pilates exercises will help to stabilise joints, reduce pain and inflammation.

- Stabilise the pelvis with sidelying clams, oysters, knee kisses, and clams in the air.

8. Focused breathing work

– focused Breathing with Footwork on the Reformer

- stretching and mobility such as the supine scapular series on the Cadillac,
- mermaid on the Wunda Chair,
- kneeling thigh stretch on the Reformer,
- standing cat with the rotator disc and push-through bar on the Cadillac, and
- all of the ballet stretches on the Ladder Barrel or Cadillac.

As you look to incorporate the above into your classes don't forget that we want to target different aspects of the workout to keep our clients engaged. From building muscle mass and bone density to keeping the body supple.

We also need to encourage them to rest and recuperate. If a client does too much then the body may think there is a serious energy crisis going on, and it will slow the metabolism down. If they keep pushing themselves, their body may become exhausted and they may leave themselves open to injury. Encourage them to rest, encourage them to read their body's signals and provide acceptance at all stages of their journey.

And finally, we all know that every client's experience will be unique. So it's important that we show them compassion and support during this potentially unsettling time and help them appreciate what their bodies can do and embrace this change with positivity.

You can subscribe to Taube Pilates and get a [free cheat sheet here](#). Louise offers a [Pelvic Floor Course](#) and an [Active Ageing Course](#) among others. Find out more about [Taube Pilates](#).

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Instructor Spotlight: Andre Garraud

WE SPEAK WITH SENIOR PILATES INSTRUCTOR ANDRE GARRAUD ABOUT HIS PILATES CAREER TO DATE AND HIS TEACHING FOCUS

Q. Tell us a little about yourself and your Pilates background?

A. My name is Andre Garraud and you can find me in Sydney's eastern beaches. I've been a Pilates teacher for about seven years and currently instruct at various studios across Sydney, including The Pilates Nook in Bronte, Moore Health in Redfern and The Pilates Refinery in Pagewood. I think my friends would describe me as basically easy-going and helpful. In recent times, perhaps also as a natural leader.

Q. How did you discover Pilates?

A. I started work as a tennis coach, and working as such in Dubai around 2010 when I discovered Pilates. One of my clients who was really keen on Pilates, encouraged me to try some private Pilates sessions. I could feel the benefits almost immediately. My posture improved as my core became stronger. The control of movement and adopting the principle of breath calmed my mind and allowed me to be in the 'present'. I can now describe that feeling as achieving a parasympathetic state where I felt 'safe.' I continued doing my Pilates sessions when I returned to Australia. My Pilates instructor suggested that I should consider training as a Pilates instructor myself and I eventually decided to follow her advice, in 2016.

Q. How do you keep learning? What inspires you in your work?

A. I always try to surround myself with people who are more knowledgeable and experienced than myself. In Pilates, I was first inspired by Dav Cohen who is a senior Polestar educator. I admired his control, precision and ease of movement, and I remember how effortless he looked especially his composure, performing the Hundred, unlike anyone I had ever seen. I have worked with Carrie Guest in Bronte. I have followed her progress from Pilates instructor to mentor and her current training to become an educator. I have also followed her experiences in establishing her business now in Bronte, and admired her adaptability and how she has dealt with issues especially over the past few years. I am also inspired by those who do things a little differently. Audrey Ng from Perth, is a great example. She is a physiotherapist as well as a Polestar Pilates educator and instructor. I admire her work ethic, knowledge, discipline,



focus on continuing her education and how well she connects to her clients. What I continue to learn most from Audrey, is that we all need to foster our natural curiosity and urge to learn.

Q. The best advice you were ever given as a teacher...

A. Practice. Patience. Perseverance.

Q. Is there something you try and instil in each of your clients?

A. During the time we spend together, I strive for my clients to feel like I am ever-present with them through their movement experience. This allows me to best guide them, help them discover new things and then bring what they have learnt back into the outside world.

Q. The best Pilates course you ever did was...

A. The Polestar Pilates Course is still fundamental to what I practice daily, use and instruct, to this day.

Q. What's your favourite piece of equipment to use with clients in studio and why?

A. I enjoy using the Reformer with clients because of its versatility. There's so much you can do with the Reformer.

Q. Tell us about your special focus area?

A. There was something remarkable about the breath and since I started my Pilates journey, I think I have been interested in optimising breathing. During the pandemic, I decided to train for a triathlon. Over the months, I felt constantly tired, lacked quality sleep and I was persistently yawning, Cath Moore, a physiotherapist with whom I work with at Moore Health, prescribed some reduced breathing Buteyko exercises to help alleviate my symptoms, which made a significant difference.

I later discovered Patrick McKeown and the Oxygen Advantage Course, a world-leading breathwork training program designed to focus on functional breath that simulates altitude training.

Following this, I completed a Breathless Instructor Training course in the Snowy Mountains and then a Buteyko method instructor training and then a cold water emersion course with Jason Rice of Apnoea Survival. I also took ocean swimming in winter to build my cold tolerance, working my way up to swimming up to five kilometres. I tried ice baths and observed how my body responded to the cold shock, my heart rate going up, the gasp and then noticing a transference from the sympathetic to the parasympathetic system. I was building resilience and this brought a sense of calm over me.

I have learnt that posture and breathing go hand in hand, Poor breathing leads to poor posture and conversely, improving breathing and posture also go together. Improving our physical alignment then also makes our nervous system more efficient.

In February last year, I decided to create a community beach breath and ice experience at sunrise at Coogee. We commence with guided slow/soft diaphragmatic breathing exercises to improve oxygenation, airway flow and blood circulation to prepare for cold exposure in the ice baths. With time, the numbers have increased. Now we run two sessions three times a week at Bondi as well as some sessions at Coogee and elsewhere. It has been good to see that these guided breathing exercises and joint cold exposure have helped build camaraderie, creating our own community.

Should everyone jump into an ice bath? No, cold exposure is a stressor, which can build resilience but can also be too much for some, especially those with underlying health problems. They should certainly obtain the advice of their health provider, before doing so.

Similarly, not all breathing techniques are the same. Some like hyperventilation or breath hold techniques, can be stressors and should be approached with caution and done with suitable guidance.

Q. How do you stay motivated?

I subscribe to the saying attributed to the weight lifter Jerzy Gregorek that 'hard choices, easy life. Easy choices, hard life'. I know that when I feel most uncomfortable that's when



there's growth. As for my work with the very early mornings, I stay motivated by just keeping on showing up.

Q. What makes you laugh the most?

A. I'm laughing at myself right now!

Q. What's your favourite way to spend a day off?

A. I love seeing the sunrise or having coffee or chai with friends. Then a sauna and an ice bath.

Q. Does your family 'really know' what's involved in your job?

A. They actually do. During the pandemic I persuaded my parents to join the zoom classes which I was teaching, and they now understand what I do. So when you ask what makes me laugh, it's also watching my dad do Pilates, but it's great that he is benefitting from it.

Andre runs the Ice Baths at Bondi beach every Tuesday Wednesday & Thursday starting at 5.45am as well as sessions at Coogee beach. Find out more [@consciouscommunity_](https://www.consciouscommunity.com.au)



Equipment that makes all the difference

HEAR FROM OWNERS ANDREA AND ANNA FROM INNA ESSENCE STUDIOS ABOUT WHY LEISURE CONCEPTS EQUIPMENT WAS THE RIGHT CHOICE FOR THEM

by Andrea Creighton and Anna Grant

The type of equipment you purchase for your studio matters. Bottom line it also impacts your reputation because it affects how your clients experience your classes. So when Andrea and Anna from Inna Essence Pilates studio in Queensland were purchasing their equipment, they went for quality and reliability.

Anna and I studied with Internationally renowned Instructor Trainer with STOTT PILATES® Rouxchelle Denton-Cooke. From the moment we met her, we knew Merrithew was without question the premier provider of Pilates education and equipment. Rouxchelle introduced us to Leisure Concepts and within days Mike Tanner, Merrithew's Sales Executive came to visit our studio and support us through the process of selecting the best equipment for our clients.

In our Reformer Room, we are the very proud owners of five SPX Max Reformers and three V2 Reformers. Our clients love the option to choose the low-profile SPX Max which can support their proprioception and balance, or the higher V2 Reformers are wonderful for individuals recovering from hip replacements or our pregnant mums-to-be. For Private and Duet Equipment sessions,

we also have a Merrithew Ladder Barrel and Stability Chair.

We adore our SPX Max Reformers; the carriage glides so quietly that you can really connect to your breath. The ropes are retractable so don't drag or fall onto the floor, and the springs are consistent across all machines, regardless of how long ago the Reformer was purchased.

The V2 Max and SPX Max Reformers come with three 100 per cent tension springs, one 50 per cent and one 25 per cent spring. This provides us with the range to program repertoire to support or challenge clients with a variety of injuries and experience levels in the one class.

The shoulder blocks can be pulled out of the carriage bed easily, which is lovely for Back Rowing series to fully extend your legs without needing to cross your ankles over and squish in between the narrow headrest.

Our clients deserve exceptional Pilates instruction on equally exceptional equipment. As teachers, we can rely on our Merrithew

“Our clients deserve exceptional Pilates instruction on equally exceptional equipment. As teachers, we can rely on our Merrithew equipment to perform predictably and consistently.”

equipment to perform predictably and consistently. The SPX Max Reformers are low-profile, slim, tidy and are beautiful to use.

During our journey of purchasing equipment, there have been two things we have learnt that we just can't live without. That's consistency and a quiet machine. When we first opened our studio in March 2019, we were limited financially and chose to purchase four Reformers from another provider. Anna and I were continually frustrated by inconsistencies in spring tension from one reformer to another. The footbar mechanisms were different across machines that were purchased only months apart, and the machines suffered from wear and tear very quickly.

In stark contrast, our Merrithew Reformers are built with high-quality materials; from the frame, upholstery, ropes, clips and wheels. They are easy to clean and maintain and run smoothly and quietly. This was so important to us as business owners.

The comfort and safety of our clients is also paramount; they are trusting us to provide a studio environment where they can move their body with integrity, and many visitors also attend our sessions privately to rehab from chronic injuries. Anna and I are confident with the behaviour of our Merrithew equipment and know with appropriate cleaning and servicing, that we will enjoy these machines for years to come.

Anna's dad Ralph services our Reformers every week; he cleans the rollers, tightens screws and does a general clean. This takes less than an hour for all our machines, and ensures the hygiene and quality standards for our studio are maintained. With over 30 Reformer classes being taught each week, we can see our Merrithew Reformers performing for years to come.

In making our decision to purchase through Leisure Concepts, we also wanted to ensure we were buying quality equipment. We've had the opportunity to compare Reformers from another provider



and we've got to say the quality of the equipment we got is exceptional. Although more expensive, the Reformers, props and ancillary equipment offered through Leisure Concepts is far superior, and any assistance we've required is always met with quick responses and efficient delivery. Take for example when we needed to order more Reformers or additional props like Extender Straps, Mike from Leisure Concepts is only an email away, and items are cleanly packaged and delivered promptly.

In our opinion, without a doubt, a STOTT Merrithew Reformer will never miss the mark. Mark at Leisure Concepts understands the ethos of STOTT Pilates instructors and the level of quality that we expect. Our Merrithew equipment has been worth the time to invest in; our team and our clients are never disappointed. That's the end goal right!

Speak to Mike from Leisure Concepts Australia to find out which equipment is best for you and your studio: 0419 435 846.

Leisure Concepts supplies premium fitness equipment to industry professionals, focusing on complete service from the initial design concept to ongoing professional service and maintenance. They believe in strategy before price and suggest products that results in clients coming back time and time again. View there products [here](#).

Plank Power

TEACHING CLIENTS OF ALL STAGES THE PLANK THAT'S RIGHT FOR THEM

by Rachel Crompton



As Pilates Instructors we all know that planks don't just work your core, they work your entire body. When performing the move correctly, they engage and work muscles on the body's front, sides, and back. They require your arms, your legs, and all of your abs, making them a full-body, challenging and engaging exercise.

The plank activates almost twice as many muscles as the abdominal curl. The plank targets the deeper core, helping to improve strength and stability and is safer for the spine.

So how do we support our clients safely and efficiently?

It's important that we provide appropriate modifications and progressions. We must always make sure the start position is correct and keep a neutral pelvis and spine throughout the movement.

The spine, pelvis, arms, shoulder, and legs are in alignment. If the client can't hold the start position or there is pain, don't do the exercise.

We always start at the beginner level before progressing to any exercise, to ensure that the client is capable enough to follow through with the correct form.

The main things that I see that go wrong are the rounding off the thoracic and lifting shoulders, dropping the head down or when the pelvis sinks if the plank is held too long and gravity takes over causing the client to strain or injure their lower back.

Always get the clients to try for a 'neutral spine' as it is the safest and most stable position for the spine to be in for any core exercise. If they can't hold neutral then don't progress with the exercise.

I've always found that by encouraging lateral breathing through the ribcage, and intercostal muscles we can help facilitate our clients' movement.

At the Elixir School of Pilates our courses have a strong emphasis on posture, anatomy, alignment, core conditioning and breathing. With any plank setup, it will always incorporate the affirming of a neutral pelvis and spine with a large focus on shoulder girdle stabilisation.

So let's look at 3 ways we can use the Plank to challenge our clients.

Matwork

1. Front support. The focus is core strength, and scapular and shoulder stability. The start position is four-point kneeling, hands directly under shoulders and knees directly under pelvis. Legs together and toes tucked. Pelvis and spine in a neutral position. Inhale prepare. Exhale lift your knees a few centimetres off the floor. Inhale stay, exhale lower.

2. Plank. Progress to a full plank. Legs are extended, meaning the spine is lengthened. This can also be done on forearms for a different variation.

3. You can then progress to single-leg lifts. These will challenge our clients core more because you must keep your pelvis and spine stable when lifting one leg, to stop from rocking side to side.

4. Taking it one step further. You can always take your client to a wobbly surface such as the Pilates Arc, turned upside down with both hands on the upside and try to lift one leg.



Reformer

Taking the plank to the reformer is a great challenge for our clients because you are working on an unstable surface (the carriage).

You can also adjust the springs - having fewer springs will make the exercise more challenging. More springs will give you more support and therefore is better-suited beginners.

Variations include:

1. Down stretch with one full spring.

Starting position is kneeling on the reformer with hands shoulder width apart, feet against the shoulder rests and legs parallel hip width. The carriage will move forward so you can hold a diagonal neutral spine and pelvis. Shoulders joint stable. Inhale prepare, exhale press the carriage out moving only through the shoulder joint. Only press out as far as your client can stabilise their shoulder, spine and pelvis without straining your lower back.

2. Progress to Full Plank where knees are off the reformer, to transition to a full plank. Take it one step further by lifting one leg.

3. Progress to Long Stretch. Shoulder joint stable, Inhale prepare, exhale to press the carriage out moving only through the shoulder joint. Only press out as far as the client can stabilise their shoulder, spine and pelvis without straining your lower back.

Another great option is placing the box in the short box position on the carriage and doing planks here.



Wunda Chair

I also really enjoy teaching clients planks with single arm push with a split pedal on the Wunda Chair.

This is an advanced exercise. This challenges shoulder and scapular stability and core strength.



We start on two red springs on the middle rack and split pedal. Set your hands on the pedal shoulder width apart directly under your shoulders. Extend your legs to plank, neutral pelvis and spine.

Feet hip-width apart (wider if you need more stability).

Keeping your shoulders, scapular stable and pelvis and spine neutral to the floor bend one arm lifting the pedal towards your shoulder then press in down, alternate to the left arm.

The bottom line:

Planks strengthen your arms, shoulders, core, and legs and are an effective full-body exercise.

Remember if a client can't do a plank focus on the lower progression options such as knees on the reformer bed and holding for a shorter time. If that is still too much, get the client to do core tightening exercises such as pelvic tilting or imprinting. This simple but effective exercise gets the deep core muscle switched on and builds strength in the spine's support system without adding load to the shoulders or the lower back.

Adding planks into your class will assist your client in improving their deep core muscles which are necessary for a well-rounded and strong physic.



Elixir School of Pilates has been established for over 20 years and is one of Australia's leading teacher training institutes. Elixir School of Pilates instructors has taught over 35,000 classes and individual sessions to more than 400,000 participants since 2002. Courses are offered in both Sydney and Melbourne.

Rachel Crompton is the Head of Pilates Elixir Health Clubs.

**Join us this month as we celebrate
#marchmatness tag @the_pilates_journal**



P

How to build community and great content

LEARN HOW TO BUILD COMMUNITY AND CREATE ENGAGING CONTENT FOR YOUR BUSINESS EVERY MONTH

by Michelle Vogrinec



Building a community is important for your business. When you do this effectively, you create a group of people who are emotionally invested in your brand. By fostering a sense of belonging, which is a basic human need, a community can help increase awareness and loyalty of your Pilates studio by bringing people together who share common values and interests.

When your clients feel a sense of belonging and engagement, you can build a loyal client base that is more likely to buy more from you and recommend your studio to their friends and family.

By actively listening and engaging with your community, you can gather feedback and insights that can help improve the products and services you offer to meet the needs of your customers, create better sales strategies, leading to increased conversions and revenue.

A community can also serve as a valuable marketing tool by providing you with a captive audience to promote new products, services, special offers and events.

Here are some ideas for you to build content and engagement – remember... create shareable content, relatable content and inspiration, and funny posts are great too as they are light-hearted and make people laugh. If someone enjoys your space online, they will continue to follow and engage with you.

The following can help you do this:

- Post more than one image: If you are going to post in the grid, use an Instagram carousel post over just one image. It lets you to share up to 10 photos or videos in one post. Each photo/video appears as a separate slide that you can swipe through.

It's a great way to tell a story, showcase products or events, or share multiple angles or moments in one post and each swipe is classed as engagement - the more people swipe, the more engagement.

- Create a Call to Action (CTA): Providing a CTA in social media is a prompt that encourages users to take a specific action, such as clicking a link, commenting, or making a purchase.

- Asking your audience questions: Ask questions in your social media posts prompts users to respond with their own thoughts and opinions. It can also help generate conversation.

- Use stickers: Using Instagram stickers is good because they make stories more interactive, visually appealing, and fun, while also helping to increase reach, views, and engagement.

- To increase engagement in an email newsletter, you can personalise the content using custom dear “fname” fields,



“By actively listening and engaging with your community, you can gather feedback and insights that can help improve the products and services you offer to meet the needs of your customers.”

make it visually appealing, segment your audience, include a clear call-to-action, ask for feedback, send at the right time, and offer exclusive deals or promotions for your clients to click through to.

Here is a list creative content ideas to get you started:

- Create a sequence of photos showing the different levels and adapted positions for beginner, intermediate and advanced or the injured, so you can connect with people at where they are at, which can make them feel more comfortable making the step to book in a class.
- Share a personal story or experience about how Pilates has helped you or a client overcome a physical or mental challenge
- Host live sessions on Instagram or Facebook to engage with your clients in real-time. These sessions can be used for Q&A sessions, tutorials, or even Pilates classes.
- Create online challenges related to encouraging your clients and potential new clients to participate. Use countdown stickers.
- Share a photo showing the correct and incorrect positioning and posture and how to improve it
- Create a short video or post explaining the benefits of Pilates for a specific health condition, such as back pain or postpartum recovery
- Share customer testimonials to demonstrate the effectiveness as instructors and build trust with your audience
- Offer promotions and discounts or a free Pilates class or tutorial on your social media platform, either through a live stream or pre-recorded video.

- Share a healthy meal idea that supports overall health and wellness.
- Highlight Pilates instructors in your studio, along with a brief explanation
- Create a poll, quiz or question box out of the sticker feature in Instagram

There are so many ways to create posts.

Next issue we will look at optimising your social media profiles and what tech can be used to assist you.

Michelle Vogrinec is a business and marketing strategist with over 20 years of experience. She co-founded GAIA natural baby, an iconic Australian baby skincare brand, that she grew from the ground up and sold in 2019. Now, she works with small business owners as a coach, mentor, and supporter, helping them build trusted brands and long-term, profitable businesses.

You can reach out to Michelle for business advice at michellevogrinec.com.au



Don't shrug off shoulder work

LEARN HOW TO RESTORE MOVEMENT TO THE SHOULDER WITH TENSEGRITY TRAINING DIRECTOR TRACEY NICHOLSON

by Tracey Nicholson

Shoulder injuries are more common in women than you might think. Did you know that 65 per cent of clients presenting with a frozen shoulder are women? As women age shoulder injuries become increasingly common so it's important that we understand how we might support our female clients to take care of their shoulders.

As we all know women are great at multitasking. That might mean holding the shopping while carrying a child or maybe just a heavy gym bag; it also makes us prone to shoulder injuries. It might sound obvious to highlight that we don't have the same musculature as men, so with that in mind, it's even all the more important that we take care of the shoulders at any age. In this article, we look at ways we can restore movement to this complex yet increasingly important area of the body.

Let's take a rotator cuff injury as an example. An injury that is often caused by repetitive movements like throwing, lifting and overhead activities such as painting and cleaning. Clients with a rotator cuff tendon tear complain of weakness, loss of shoulder function, or symptoms typical of rotator cuff tendonitis. The pain

can be aggravated by reaching, pushing, pulling, lifting, or positioning the arm above shoulder level. Most clients with tears of the rotator cuff complain of difficulty sleeping on the shoulder at night.

If your client has been diagnosed with a rotator cuff injury, it's quite common for them to work with a physio before returning to you for further work. Movement should be encouraged as soon as possible, and the entire limb and affected side of the torso should be returned to strength post-rehabilitation.

So what exactly is the Rotator Cuff?

The Rotator Cuff is a common name for the group of four distinct muscles and their tendons, which provide strength and stability during motion to the shoulder complex. They are also referred to as the SITS muscle, with reference to the first letter of their names (Supraspinatus, Infraspinatus, Teres minor, and Subscapularis). The muscles arise from the scapula and connect to the head of the humerus, forming a cuff around the glenohumeral joint.

Sprain to the Rotator Cuff

Often we see sprains of the rotator cuff which also need to be taken seriously. A sprain is an injury to a ligament when the joint is carried through a range of motion greater than its normal range without dislocation or fracture. A shoulder sprain is stretching or partial tearing of the ligaments and capsule that support the shoulder. Significant damage to one or more of the connective tissues of the shoulder can result in joint instability and chronic dislocations. Ligaments, due to a low blood supply, are slow healing and ongoing instability may be an issue in the joint.

So what can cause a shoulder sprain?

A shoulder sprain could be a result of playing sports, from poor

“...the aim of any rehabilitation work is to have the scapula move in synchronicity with the humeral head in order to maintain a supportive surface and stabilise the glenohumeral rhythm.”

coordination and or poor balance, inadequate flexibility and strength in muscles and ligaments or loose joints. They could have fallen on an outstretched arm, forced the twisting of the arm or had a blow to the shoulder.

The symptoms of shoulder pain for your client may include:

- Pain, tenderness and swelling around the shoulder joint as opposed to in a muscle
- Redness, warmth or bruising around the shoulder
- Limited ability to move the shoulder and increased pain with movement
- Unstable sensation in the affected joint

General treatment

Treatment of grade three or moderate-to-severe grade two sprains generally includes some external support (sling or taping) and restricted activities. Once the ligaments have undergone sufficient early repair, controlled passive motion can help to prevent the formation of adhesions (scarring in areas of movement). Resistance exercises are introduced to stimulate a stronger repair and to assist in movement re-education. It's also important to note that a complete tear can sometimes be less painful than a partial tear.

There are 5 stages:

- Stage 1 - General postural
- Stage 2 - Controlled passive motion to help prevent the formation of adhesions
- Stage 3 - Resistance exercises to stimulate a stronger repair and to assist in remodelling
- Stage 4 - Isometric progressed to isotonic forms of resistance, based on the client's tolerance for joint motion
- Stage 5 - Proprioceptive training and plyometrics.

(See a full list of exercises and considerations as part of the full article on the website).



Isometric is progressed to isotonic forms of resistance, based on the client's tolerance for joint motion. For athletes, regaining full stability may require advanced forms of exercise in the functional phase of rehabilitation, such as proprioceptive training and plyometrics. These manoeuvres help to re-coordinate the sensory receptors and motor controls at the spinal cord (non-thinking) levels.

Strains and Tears of the Rotator Cuff

Having a strain or tear of the rotator cuff is another level entirely. And while common once again it's the type of injury that requires careful consideration.

Shoulder strains and tears may be caused by:

- an acute injury, which may include bone breaks,
- degeneration, causes include bone spurs, decreased blood flow and overuse,
- improper use of a muscle or the
- overuse of a muscle.

In simple terms, a strain is when a muscle becomes overstretched and tears. This painful injury also called a "pulled muscle". While a tear is a tendon becoming partially or completely detached from the head of the humerus. In most rotator cuff tears; the tendon is torn away from the bone.

Most tears occur in the supraspinatus tendon, but other parts of the rotator cuff may also be involved. In many cases, torn tendons begin by fraying. As the damage progresses, the tendon can

completely tear, sometimes with lifting a heavy object. The subacromial bursa can become inflamed and painful in association with rotator cuff tendon injuries.

Defining the Muscle Movements:

- Teres Minor is the lateral rotation of the humerus, adduction of the arm
- Infraspinatus is the lateral rotation of the humerus, abducts the arm (brushing hair)
- Supraspinatus initiates abduction of the humerus to 15 degrees (holding shopping bag away from the body)
- Subscapularis is the medial rotation of the humerus.

Once again it could be caused by playing sports, poor coordination, poor balance and posture, inadequate flexibility and strength in muscles and ligaments, repetitive job or movement patterns and or age.

Most clients with a strain or a tear will present with:

- Pain, tenderness and swelling in a muscle rather than in a joint
- Redness, warmth or bruising around the shoulder
- Limited strength to move the shoulder and increased pain with movement
- Pain that worsens overnight or after resting

It's important to note upfront, that the aim of any rehabilitation work is to have the scapula move in synchronicity with the humeral head in order to maintain a supportive surface and stabilise the glenohumeral rhythm. Failure to do so, through weak or tight shoulder stabilising muscles will increase the chance of injury. Strengthening of the scapular stabilisers (Serratus Anterior, Pectoralis Minor and Major, Trapezius, Rhomboids Major and Minor, Levator Scapulae) is paramount to strengthening the rotator cuff in order to maintain a stable platform and favourable posture for rotator cuff biomechanics.



Part 1 - Start with Postural Treatment

Our first next step at Tensegrity would be to undergo a first-stage general postural treatment, starting with stretches. We'll stretch the

- Upper Trapezius
- Side Stretch (with arms down by sides or across chest)
- Levator Scapula
- Pectoralis Minor

It's important for each exercise that we check that humerus is deep in the glenohumeral socket. It is useful to develop some good imagery tools to assist your clients to sense good alignment. For example:

- Shoulders broad as if they have sharp pencils on the tip of each shoulder reaching towards opposite walls
- Scapula moving down the back and sternum rising

You might also see the postural issues like a forward head, a kyphotic spine and multiplane stability as some examples. You can view the full story on our website to see what sort of exercises they would use to support the client here. Once they master this, we move into the second phase, utilising a small ROM.

Part 2 – Introduce a small range of movement

Ultimately, rehabilitation exercises and stretches should:

- aim to strengthen the rotator cuff muscles and re-pattern movements involving these muscles (to prevent reoccurrence)
- involve exercises and stretches that work on internal (medial) or external (lateral) rotation are helpful, particularly with Stretch Band.



— Ensure shoulder blade stabilisation is also crucial for a comprehensive shoulder rehabilitation program.

It is crucial to listen to the client who will direct you in regards to their pain threshold and range of motion.

On the reformer this will mean arms down, chicken wings, arms side, curl ups and obliques and chicken wing coordination, kneeling chest stretch, reverse abdominals, chariots, hug a tree, side pull across, chest expansion, tiara, side press out and pulling straps I and II while being excellent shoulder exercises, should be introduced with caution and only introduced in a pain-free stage.

Indications/Symptoms at Initial Assessment

According to research, physical examination accuracy is low. However, a thorough understanding of the four muscles of the rotator cuff and their specific roles will improve the likelihood of successful diagnosis by a registered medical practitioner.

There are a number of things we need to consider as Pilates Professionals:

- Stage one and two clients should be in private or small group sessions
- Work with the clients Health Professional
- Constantly check in with the clients' progress and evaluate home activities to gain a complete picture
- Atrophy in the surrounding hard (bone) and soft (ligaments, tendons, muscle) tissue
- Mental state of the client

— Support the joint with blocks, cushions, Pilates balls, etc. (remembering that instability is contraindicated)

— Maladaptive movement patterns – this may change over the rehabilitation phase and is a good reminder to take a full body approach to every session.

Take note if the Upper Trapezius, Pectoralis Major and Minor, Latissimus Dorsi and Quadratus Lumborum are tight, overworked or restricted? Dysfunction in these muscles will affect optimal rotator cuff activation and arm movement.

Tracey Nicholson is the Director of Tensegrity Training an RTO that offers several different levels of training to help you at any stage of your career in Pilates. Offering accredited training, short courses and somatic and movement therapy, Tracey and her team are dedicated to their clients and comprehensive in approach. You can find out more at tensegritytraining.com.au

References: Hegedus EJ, Goode A, Campbell S, et al. (February 2008). "Physical examination tests of the shoulder: a systematic review with meta-analysis of individual tests". British Journal of Sports Medicine 42 (2): 80–92.

Upcoming courses

BASI AUSTRALIA

The Mat Program , Mat and Reformer Program and Comprehensive Global Program are now offered in
 Canberra - Pilates Centre Canberra - 19 May to 13 Aug
 Sunshine Coast - Pointe Pilates Studio - 14 Apr -30th July.

Registration closes 28th April

Find out more basipilates.com.au/education/

BODY ORGANICS EDUCATION

Mat and Reformer Certifications in Brisbane, Bendigo, Sydney, Canberra, Cairns and Sunshine Coast
 Comprehensive Certifications in Brisbane, Bendigo, Sydney, Canberra, Cairns and Sunshine Coast
 Continuing Education in Brisbane, Sydney, Melbourne in February.

Find out more www.bodyorganicseducation.com or contact info@bodyorganicseducation.com

REACH MOVEMENT HEALTH

Continuing Education courses run in Sydney, Brisbane and Melbourne across 2023 and include topics such as Using Reach Arcs and Wedges, Mens Health, Womens Health and Healthy Bones and Hips to name a few.

Find out more

reachmovementhealth.com/continuing-education-programs-2023/

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(10838NAT) Diploma of Pilates Instruction, Matwork and Reformer + Small Apparatus Pathway, Reformer and Small Apparatus Pathway, Matwork and Small Apparatus Pathway, Studio Instruction Pathway, Anatomy + Physiology (Online only), (10839NAT) Advanced Diploma of the Pilates Method.

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Enrol and start your online Coursework at any time ahead of your first in-Studio session!

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Give the Pilates ITC Careers Team a call on (08) 9330 4570 to secure your place - pilatesitc.edu.au/



POLESTAR PILATES

Upcoming Continuing Education Courses include:

Pre and Post-Natal Programming for Mat & Reformer - 3 Jun - Sydney
 Pilates for Chronic Lower Back Pain Online Course - available anytime
 Online Masterclass series - available anytime

For a complete list of courses see the Polestar website polestarpilates.edu.au/pilates-continuing-education/

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Upcoming courses

ELIXR SCHOOL OF PILATES

Fundamentals: 19 Feb: Sydney, 18-19: Melbourne.

Matwork: 4 Mar: Sydney.

Reformer: 20 May: Sydney, 4 Mar: Melbourne.

For a full list of dates see

elixr.com.au/education/school-of-pilates

Enquire today – edu@elixr.com.au

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The above courses are available in person, April intake – Canberra,

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Applications close 10th February for February 2023 intake – Melbourne, in person

Find out more www.nationalpilates.com.au/

STUDIO PILATES

Matwork Course - 2-5 Mar - Melbourne

Reformer Course - 16 - 19 Mar - Melbourne

Platinum Instructing Course - 21 - 26 Mar Melbourne

For a complete list of dates in other states see the Studio Pilates website studiopilates.com/education/book-a-course/

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