



egosynchro

Synchro Updates

physiotherapy pilates

Dr Rich Wilson, Isla Griffin-Wilson & team

synchronising **mind & body**
Studio website www.egosynchro.com



BEST PRACTICE

Rotator Cuff Tears

- Early strapping of the shoulder complex unloads the damaged tissue thereby facilitating repair.
- Cervical & thoracic (C1 - T6) spine check is essential in cases of trauma (falls, traction, wrenches) as is often implicated as a shock absorbing mechanism and can be damaged causing referred pain.
- Existing posture patterning & scapulo-thoracic compliance can effect healing therefore all imbalances need to be addressed early on.
- Gentle isometric abduction (to 30) & lateral rotation (in neutral) short of pain point can be started after 5 days progressing to theraband resistance - which strengthens eccentrically.
- Subscapularis - needs to be strengthened where head of humerus is lying anterior in glenoid fossa.
- End stage strength in a closed chain position (quadruped) is an essential benchmark prior to discharge.

THOUGHT WAVE

Jettison the past it exists only in the memory

Clear out your clutter

Concentrate on silence



Seek the best in everything

Be captivated by your breath

Worry when the time comes
(not on things that may never happen) Pause between changes

THORNE RESEARCH SUPPLEMENTS:

Only available through medical outlets, hypoallergenic encapsulation (without packers).

We offer musculoskeletal tissue support - for cartilage, bone, tendon & botanical anti-inflammatory (research backed) for those intolerant to NSAIDS.

MANUAL THERAPY

Journal of Musculoskeletal Therapy Treatment.

- Osteitis pubis via the pelvic muscles, a common condition affecting athletic groups, is reviewed. Presents with pubic lower abdominal & adductor pain with restricted hip abduction SIJ dysfunction. Speedy recovery with restoration of muscle balance with exercise.

studio scene

- We are now running 26 Pilates classes a week for all ages & abilities.
- *Our point of difference remains as a thorough biomechanical assessment of all clients and Pilates based Rehab programs.*
- **RAPAM** (Spine Mobilisation tool) outcomes remain excellent for chronic lumbar, thoracic & cervical spine pain - for **PERMANENT** resolution.
- **VIDEO's** with clear excellent instruction..
Beginners - Core stability basics for starters & those recovering injuries Accomplished.- The full Jo Pilates sequence of 34 matwork exercises - intelligent exercises - amazing results.
- New team member Anny Luty - Swiss born & trained physio - excellent diagnostician & acupuncturist, joins Annette Weaver & Sue Pritt, broadening the experience for lively case conferences.

So once again -

ALL ACUTE INJURIES WILL BE SEEN IN 24 HOURS.

- *Juliet McLean, Pilates Instructor is now taking on new clients.*

- Richard has been invited to train as a Pilates Educator (mentor for Polestar USA), the first in New Zealand!
- Isla is now a regular columnist for Fitness Life Magazine.

journal review

David Butler "Explain Pain" - this book is summarised in Isla's Fitness Life article which can also be read on the website - it offers Chronic pain sufferers a light & visual experience, explaining neuro science in simple terms (if that's possible). It is valuable to practitioners as a tool to educate sufferers thereby accentuating their higher cortical centres to help switch off pain. If any GP wishes to borrow a copy call the clinic 769-9992.

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