

FIT NEWS

www.fitnessphysiotherapy.com

Hours of Operation

Monday through Friday 7:30am - 7:00pm,

Saturday 9:00am- 2:00pm

Child Supervision Available

(Please arrange a mutually convenient time in advance if child supervision is required)

Get to know our Fitness Therapists a little better:

Physiotherapists:

Deirdre Benedict

Areas of Practice

Musculoskeletal, Dance & Sports Injuries, Foot Dysfunctions, Acupuncture, Manual Therapy, Pilates Rehabilitative Exercise, Stott® Core Conditioning

Lesla Campbell

TMJ and Neck Dysfunction, Musculoskeletal Injuries, Stabilization Rehabilitative Exercise, Manual Therapy

Anne Dawson

Musculoskeletal Injuries, Chronic Pain Syndromes, TMJ and Neck Dysfunction, Acupuncture, Craniosacral Therapy, Pilates Rehabilitative Exercise, Manual Therapy, Stott® Core Conditioning

Gisele St. Hilaire

Acupuncture, Craniosacral Therapy, Musculoskeletal Injuries, Feldenkrais®

Dona Watts-Hutchings

Musculoskeletal Injuries, Sports Injuries, Pilates Rehabilitative Exercise, Manual Therapy, Acupuncture, Stott® Core Conditioning

Marina Pianosi

Acupuncture, Craniosacral Therapy, Feldenkrais®

Louise Vermette

Musculoskeletal Injuries, Sports Injuries, Pilates Rehabilitative Exercise, Manual Therapy, Acupuncture

Massage Therapists:

Julie Shearer

Swedish Massage, Craniosacral Therapy

Robert Stegmaier

Swedish Massage, Deep Connective Tissue Massage, Acupressure massage, Craniosacral Therapy

Physio Events

☞ Visit our web site at www.fitnessphysiotherapy.com for clinic information or e-mail us at fphysio@mb.sympatico.ca

☞ We welcome Deirdre Benedict who has now joined our physiotherapy team full time.

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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.

Felden-what?

It's called the *Feldenkrais Method*®, after its originator, Moshe Feldenkrais. This Method is a form of somatic education, 'soma' being our physical selves. It is a method that taps into the potential of our nervous system by facilitating learning and self-discovery through gentle movement lessons.

Moshe Feldenkrais developed the method out of personal need, after severely injuring one of his knees. Although his education gave him a D.Sc. and he worked as a physicist and mechanical engineer, he decided to study anatomy, kinesiology, psychology, anthropology, human development, anything that would help him understand how we learn, what makes us move poorly, and what makes us move well. Through his studies, research and experimentation with himself he learned to walk again without pain. From his own desire and the encouragement of others that saw the effects of his work, he refined the method so that he could share it with others.

There are two aspects to the *Feldenkrais Method*. One is a one-to-one hands-on approach he called *Functional Integration*®. *Functional Integration* lessons are such that the student/client is manually guided through movement by the *Feldenkrais*® practitioner. The lessons are gentle and supportive so as to aid the student to become aware of what they actually do, and learn what they could do to move more efficiently and comfortably.

Awareness Through Movement® is the second aspect of the *Feldenkrais Method*. Here the teacher/practitioner verbally guides student(s) through movement lessons. This gives the student(s) a first hand and very personal experience of discovery and learning about their movement patterns and how to improve them. Again the process is gentle and supportive.

Several things make the *Feldenkrais Method* unique. Moshe Feldenkrais understood well how to make the abstract concrete. His method turns concepts such as balance or straightening ones elbow into an embodied experience. Further, the method's approach is geared towards function. How can one function and interact better with oneself and ones environment. So things like balance and straightening ones elbow become reaching for the shampoo in the shower for example.

As you may have noticed in reading this article thus far, terms such as student, teacher and lesson are used to describe this method. Feldenkrais was very clear about the fact that the method was not a therapy, but an educational process. He realized that the potential of the nervous system was not being utilized anywhere near its capacity. He also learned that as we mature, we actually begin to inhibit our ability to learn, whether the reason for this is because of a too easily attained acceptance of our level of functioning, or societal pressures or our reaction to trauma and injury makes little difference. One of my favorite quotes of Feldenkrais' is "I am not seeking to develop flexible bodies, but flexible minds...I am interested in the re-establishment of our human dignity." He sometimes talked about helping people relearn how to learn.

Felden-what?

Feldenkrais also had a deep understanding and respect for where any individual was at any given time. He believed that everyone he came in contact with was functioning perfectly. So why were they having trouble and coming to him for help at all? Well, because everyone is functioning perfectly given their level of awareness and their perception of choices. Part of what happens in lessons is that one becomes more aware of themselves. The other is that their perception of choices becomes broadened. This is what allows us to function more and more as we would like. Thus, 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.

So where can you learn more about the *Feldenkrais Method*? I would recommend the book *Awareness Heals* by Steven Shafferman. This book is well written and includes some basic *Awareness Through Movement* lessons. Also, just type in 'Feldenkrais' as a search on the internet and you'll find all sorts of information from the Feldenkrais Guild of North America's web page. I would strongly recommend potential students to attend some classes before throwing themselves into lessons which can be found in books or on the web. This greatly enhances the students understanding of how to approach lessons.

Gisèle St. Hilaire, BMR(PT), is an Authorized *Awareness Through Movement* Teacher, and a *Feldenkrais Method* Practitioner in training. Training to become a Guild Certified Feldenkrais Practitioner involves 800 to 1000 hours of direct teaching over a period of four years, through a program accredited by The Feldenkrais Guild®. Gisèle will be completed her training in May 2001.

Marina Pianosi, BSc(PT), G.C.F.P. graduated from a Guild Certified Training program in 1996.

Gisèle is currently teaching *Awareness Through Movement* lessons at the Fort Rouge Leisure Centre Thursday evenings from 7:30 to 8:30 p.m. For more information about these lessons contact Gisèle at the clinic or at 774-3512. One-hour *Functional Integration* lessons can be booked through the clinic with either Gisele or Marina.

FELDENKRAIS®, AWARENESS THROUGH MOVEMENT®, and FUNCTIONAL INTEGRATION®, are registered service marks of The Feldenkrais GUILD®.

They Didn't Tell us Why;

Our mothers told us;

- “Stand up straight”
- “Sit up straight”
- “Walk Tall”

But Why?

Good posture eases pain. A strong neutral posture allows for all your movements of work and play to be more comfortable and less fatiguing.

Do your muscles (all of them) work to hold you tall in a neutral spine position, that is a balanced line from the top of our head, through the top vertebrae, then the shoulders, our hips, the back of the knees and the ankles? Without wobbling? Without tightening your upper shoulders or clenching your teeth? Without PAIN?

Physiotherapy can help. Let us show you how to heal your chronic injuries. Come and experience the Stott Pilates® Exercise Method – Rehabilitation Style, or the Feldenkrais® Method at Fitness Physiotherapy to recover from injury, to regain awareness of your neutral posture, to ease your movements in work, sports or play, and to ease your pain.

2000 EXERCISE CLASS TIMETABLE FOR PILATES & REFORMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Micro Pilates 9:30 – 10:30
					Pilates I Mat 10:30 -11:30
				Pilates I Mat 11-12	Pilates II Mat 11:30 – 12:30
		Engaged-Let's Practice 12-1			Reformer 12:30 – 1:30
			Mat/Reformer II 1:30-2:30		
Pilates II Mat 5-6	Pilates III Mat 5-6	Pilates II Mat 5-6	Reformer 5 - 6		
	Reformer 6 - 7	Reformer 6 -7			

*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.