



Joanne Enslin
and associates
Physiotherapy · Pilates

The joy of movement

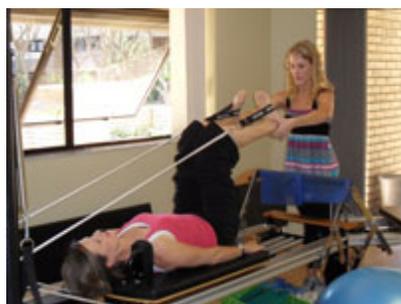
Newsletter

October 2010

To All Our Valued Patients and Clients

Wow...what a hectic year and can you believe that we have almost reached the end of 2010!!!

News



Joanne will be travelling overseas in the first week of October to attend a seminar with Dr Jean Pierre Barral on a new global osteo-articular approach to treating spinal conditions. This approach will treat relationships between the structural elements of the spine, our organs, and our emotional system. By treating and integrating the systems great healing can occur. A very exciting opportunity and we will provide success of her course on her return.

We are now listed on Facebook and you can find us under Joanne Enslin to keep in touch with up to date news on our practice. We have also created a Group "Joanne Enslin and associates Physiotherapy and Pilates" on FB to keep in contact with all our valued patients.

We are also now listed on Google Maps.

We are offering 1 free Pilates Session to patients that refer their friends and family to attend our practice. So bring a sister or a friend and we will reward you with a free Pilates session with one of our qualified Pilates Instructors!

Getting to Know Us Better:

As we consider you to be part of our Physiotherapy/Pilates family, we would like you to get to know all our specialists better:

JOANNE ENSLIN

Joanne is a qualified physiotherapist with degrees from University of Witwatersrand, University of Cape Town and Boston University, and has trained at Michigan State University. She spent some time working at Boston Children's Hospital and Massachusetts General Hospital where she was exposed to in her words "GREAT PRACTITIONERS and an AHA MOMENT in her career. "

Joanne has a passion to find new ways of evaluating and treating the human condition. She started out working on structural causes of sports injuries and low back pain. She presented the Sacroiliac joints influence on sports injuries and low back pain in the 80's and this area continues to be a specialty of hers. She trained in Pilates in Melbourne, Australia and STOTT PILATES™ in Toronto, USA and introduced this rehabilitation to her treatments in 1996. She was so excited by the STOTT PILATES™ method and so hosted many training courses in South Africa. At this time she studied with Jenny



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McConnell in Australia on her very successful approach to treating knee and shoulder problems. Joanne also studied CranioSacral Therapy with the Upledger Institute USA and Visceral Manipulation with The Barral Institute. These treatment approaches have helped to further integrate treating the system as a whole. She enjoys treating all conditions.



LESLEY LAMBIE

Lesley qualified with a BSc in Physiotherapy from University of the Witwatersrand in 1971. She has been in Private Practice since 1983 and has been with Joanne Enslin and associates Physiotherapy and Pilates for four years. Lesley has done numerous post-graduate courses including orthopaedic manipulative therapy, sports injuries and dry needling. Lesley's special interests are necks, backs, CranioSacral Therapy and Visceral Therapy.

VIMISHA SEETHA

Vee qualified in 2002 from University of the Witwatersrand in 2002 with a BSc in Physiotherapy. She worked in a private high care rehab hospital for a year in Port Elizabeth. Thereafter she travelled to the UK where she worked as a community Physiotherapist. Vee has been with Joanne Enslin and associates Physiotherapy and Pilates since 2007. She has a special interest in back and neck musculo-skeletal chronic and traumatic conditions. She treats all sports injuries, post operative conditions and general musculo skeletal conditions. Vee focuses to tie in rehab with treatment and long term outcomes. She is also a Pilates Instructor.

CARLA MUNCH

Carla did ballet for 10 years, a bit of hip hop, modern dancing and Latin American, which she did competitively for 5 years. During this time Carla also taught kickboxing and did a course in personal training. When Carla discovered Pilates, she was at the peak of her dancing career and it made a huge difference in her performance. After 3 years of doing Pilates, she decided to stop teaching dancing and pursue her career as a Pilates Instructor. Carla completed her course through STOTT PILATES™ in 2009 and has been working with Joanne Enslin and associates Physiotherapy and Pilates for almost a year. Carla is extremely passionate about the body and rehabilitation and enjoys learning more about it every day.

NATALIE MACEDO

Natalie completed her Pilates Matt Essential to Advance Course at Bay Pilates in Port Elizabeth in 2009. Natalie has been teaching Pilates for a year and a half. She has been with Joanne Enslin and associates Physiotherapy and Pilates for just over 3 months. Natalie specializes in STOTT PILATES™.

KATYA SAMPAIO

Katya is the newest addition to our family. She completed her BSc in Physiotherapy at University of Witwatersrand in 2007. Katya has 3 years of experience behind her belt and is specializing in Kinesiology based techniques and Kinetic Wedging; which serves as a complement to her Physiotherapy training.



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MONICA TEFO

Monica is the smiling friendly face at the front desk welcoming you when entering our practice. Monica is multi-talented and involved in all aspects of our practice from booking appointments to handing our suckers to the kids!!!! Monica has been our receptionist for 9 years but has been with Joanne Enslin and associates for a totally of 14 years!



If you have any queries, please feel free to contact us on 011 883 3422/011 883 5751 or via fax on 086 684 4959 or via email on joanneenslin@mweb.co.za

You can also visit our websites:

www.sandtonphysiotherapy.co.za

www.pilates.co.za

www.visceralmanipulation.co.za

www.craniosacral.co.za