



Joanne Enslin
and associates
Physiotherapy · Pilates

The joy of movement

Newsletter 25 July 2011

To our valued Patients and Pilates Clients

Time has flown since our last newsletter and the practice continues to change and grow.

PILATES

The new year started with a very exciting event, Carla celebrated her marriage to Byron.

Our Pilates studio has expanded to add a new member to our team Tannah. She is also STOTT Pilates trained with an interest in rehabilitation. Carla and Tannah are currently attending a STOTT Pilates Reformer course which is proving to be most successful. They have some new ideas for rehabilitating low back pain.

Trish has returned from leave, and our senior Pilates class is breathing a sigh of relief and picking up nicely. Don't delay signing up for Pilates now that spring is approaching.

PHYSIOTHERAPY

Vimisha recently achieved her diploma from Wits Business School. Her passion is Capoeira which is a Brazilian art form that combines elements of martial arts, sports and music. She is in training and will visit Brazil in December to test her skills there.

Vimisha has been seeing many clients with back and neck problems and has had great success in her treatments. Her expertise in treating the sacroiliac joint has been part of this success.

Lesley has traveled to Australia to visit her family twice in the past six months. Between juggling grandchildren and family she manages to show dedication to her patients with an emphasis on CranioSacral therapy. The practice ran two Upledger CranioSacral courses at the beginning of this year. Lesley assisted as teaching assistant in both of these courses. She continues to have great success in treating chronic pain using this method.

Joanne continues to increase her skills and was in London earlier this year learning how to specifically treat spinal disc conditions. The emphasis of the course was to improve specificity of treatment on structures contributing to disc pathology. Balancing intra-discal pressures helps with healing and prevents the progression of disc degeneration. Very

exciting stuff!

Joanne is also having good results with a new approach to treating knee pain...the treatment is based on a similar principle to treating spinal discs. Specifically finding the causes of what is upsetting the balance in the knee joint helps to balance the pressures inside the knee (intra-articular pressure). This helps to create a stable knee with good balancing ability (proprioception).

The first half of the year is already over, and it has been most rewarding witnessing your progress and playing a role in improving your quality of life. Thank you for all your support and for allowing us to grow with you in the continual pursuit of finding the keys to good health.

Best Wishes from

Joanne and the team at Rochester

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