



Joanne Enslin  
and associates

*The joy of movement*

Physiotherapy • Pilates • CranioSacral therapy • Visceral manipulation

Phone 011 883 3422

E-mail [joanneenslin@mweb.co.za](mailto:joanneenslin@mweb.co.za)

Web [www.sandtonphysiotherapy.co.za](http://www.sandtonphysiotherapy.co.za)

## Newsletter April 2012

To our valued Patients and Pilates Clients

Our practice continues to grow and progress and this newsletter will update you on what we have to offer:-

### PILATES

Our STOTT trained Pilates Instructors Carla and Tannah have recently written anatomy exams. During their sessions they enjoy envisioning the muscles that are at work as one goes through ones classes, enabling them to pick up on what may be giving the client issues or what specifically is causing imbalances, poor posture and correcting problems.

Our seniors class has moved to the earlier slot of 11h00 – 12h00 on a Tuesday and Thursday morning and continues to be a huge success.

### PHYSIOTHERAPY

Joanne returned from a trip to London in February where she attended a Jeanne Pierre Barral course on the implications of trauma. What is evident is that throughout our lifetimes we experience incidences of physical and emotional trauma. These memories are tensions stored in our body as a "tension"; much like cellular memory or muscle memory. If the tensions remain in the body for a long time, the body will slowly have to compensate and adapt to these tensions. For example a fractured ankle that has not completely healed can become stiff and mildly inflamed, ultimately leading to a limp. Walking with a limp over a long period of time can create other adaptive changes in the form of knee or back pain – the adaptive changes to the back or knee can end up worse than the original ankle injury!

A lot of stress at work can end up in a stiff neck and eventually poor posture. After the stress has passed we can continue to have the poor posture, and long term poor posture that can create damage to the disks in our spine.

When we experience pain or an injury, it is usually "the straw on the camel's back". If our bodies have a history of tensions from previous injuries and trauma, one small move can result in an injury. This would explain how we do something mundane like bending down to pick up something and end up with back pain, or pulling a hamstring when going for a jog.

Early February Lesley Lambie attended a Functional Taping Techniques Course with Maria Constantinou which will prove very useful in treating and assisting injury prevention and support of injured joints. In June this year Lesley will be going over to the UK to attend the Craniosacral Therapy Paediatric workshop with the Upledger Institute.

Our website address is <http://www.sandtonphysiotherapy.co.za> for more information.

Regards

Joanne and the team at Rochester