

Course Information

Fourth Term 2011

Physiotherapy ~ Clinical Pilates ~ Feldenkrais

Welcome to Free2Move

All classes and individual sessions are with one of our specially trained and highly experienced Physiotherapists

Would you like to:

- Relieve pain and tension?
- Safely increase core strength?
- Improve flexibility & coordination?
- Restore posture & alignment?
- Increase body awareness?
- Reduce the need for treatment ?



Participants say

'I have found the course of high value - a tremendous learning experience. Also a very good stress relief.' **Paul.**
 'Very beneficial for pain relief and strengthening.' - **Hayley.**
 'Essential to keeping me supple and aligned' - **Margaret**

Free to Move ABN 56785206873

About us

Welcome to Free to Move Physiotherapy, Clinical Pilates, Feldenkrais and Acupuncture. We can help you achieve pain-free fitness, restoring good posture and alignment, while building strength and



flexibility through our safe and enjoyable classes. Our methods address common causes of pain and movement problems such as muscle imbalances and reduced core strength. The classes are suitable for people with chronic or recurring pain or those who just want to improve their fitness and body awareness. All our practitioners are qualified Physiotherapists.

Studio Pilates

Ensure you are using your core muscles correctly by coming to our Studio classes. An individually planned and supervised programme will be tailored to meet your needs and goals. This includes use of Reformer, Trapeze table and Wunda chair. A maximum of 4 participants are closely supervised by a Pilates Physiotherapist. Attend more than one class a week to get a discount. It's all claimable via private health insurance. Read more on pages 3 & 4. See timetable on page 2.

Floor Pilates

Get started on your path to fitness and a more comfortable and aligned body with our beginners classes, teaching all the basic principles and techniques of Pilates in a relaxed environment. Read more page 3. See timetable page 2.

Acupuncture

Our clinic also offers trigger point dry needling, a western form of acupuncture. This can be very useful for relieving pain and muscle spasm, especially when combined with other Physiotherapy techniques. More on page 4.

Feldenkrais

Feldenkrais is a gentle but surprisingly effective method for relieving pain and tension, increasing flexibility and improving posture, coordination and breathing. Read more on page 3.



How to Enrol

To enrol or enquire about the classes, please phone 0405 97 2211 or email info@free2move.com.au
 New participants should attend an individual assessment prior to commencing the classes. Continuing participants re-enrolling in our classes, please ask about our earlybirds discount available until 26th September.

“Promoting pain-free fitness”

What to bring

Please bring a pillow and a towel to all floor classes. Participants in Pilates level 2 or 3 floor classes need to **bring a fitball** or buy one from us - let us know and we can bring it along already inflated. A towel and your own socks are needed for the Studio classes.

Discounts

Continuing participants in our floor classes can claim a discount for payment on or before Monday 26th September. Discounts are also available for attending more than one class per week. Please ask our reception staff.

Class Locations

Floor classes (Feldenkrais & Pilates) are held at The Chapel Space, 117 Angove St North Perth.

Studio classes are all held at 97 Scarborough Beach Rd, Mt Hawthorn.



Missed Classes

Refunds are not available but you may be able to make up a missed studio or floor class by attending another class, provided it is during the same term. Conditions apply.

Insurance Rebates

Because all our classes are run by Physiotherapists, you may be able to claim a rebate through your private health insurance.

Pregnant?

Or just had a baby? Please enquire about our pregnancy and postnatal Studio Classes. Level 1 floor classes may also be suitable. Please talk with our Physios.

Timetable for Term 4

LEVEL 1 FLOOR PILATES - 117 Angove St North Perth					
Thursday	7.15—8.15pm	Thurs 13th Oct—15th Dec		\$250 for 10 weeks	Jodie
Saturday	8.30—9.30am	Sat 15th Oct—10th Dec No class 29th Oct		\$200 for 8 weeks	Ali
LEVEL 2 FLOOR PILATES - 117 Angove St North Perth					
Thursday	9.30—10.30am	Thurs 13th Oct—15th Dec		\$250 for 10 weeks	Jodie
Thursday	6.15—7.15pm	Thurs 13th Oct—15th Dec		\$250 for 10 weeks	Jodie
LEVEL 3 FLOOR PILATES - 117 Angove St North Perth					
Monday	6.15—7.15pm	Monday 10th Oct—12th Dec		\$250 for 10 weeks	Jodie
Thursday	9.30—10.30am	Thurs 13th Oct—15th Dec		\$250 for 10 weeks	Jodie
FELDENKRAIS CLASSES - 117 Angove St North Perth					
Monday	7.15—8.15pm	Monday 10th Oct—12th Dec		\$250 for 10 weeks	Jodie
Saturday	9.30—10.30am	Sat 15th Oct—10th Dec No class 29th Oct		\$200 for 8 weeks	Ali
STUDIO PILATES - 97 Scarborough Beach Rd Mt Hawthorn					
Monday	11am, 12pm	Series 7 : 10th Oct	Series 8: 14th Nov	\$250 for 5 weeks	Jodie
Tuesday	9am, 10am /6pm, 7pm	Series 7 : 11th Oct	Series 8: 15th Nov	\$250 for 5 weeks	Ali / Loretta
Wednesday	11am, 12pm /5pm, 6pm	Series 7 : 12th Oct	Series 8: 16th Nov	\$250 for 5 weeks	Jodie / Ali
Thursday	6pm, 7pm	Series 7 : 13th Oct	Series 8: 17th Nov	\$250 for 5 weeks	Ali / Loretta
Friday	9.30am, 10.30am	Series 7 : 14th Oct	Series 8: 18th Nov	\$200 for 4 weeks \$250 for 5 weeks	Jodie

Beginners

 All Levels
 Intermediate
 Advanced

Please note: additional classes may run if scheduled classes fill. The following series of classes will begin on 14th February.

“Solutions to problems with pain, movement and posture”

Feldenkrais

‘I am so much more flexible now, thanks to Feldenkrais. Because such small movements are made, this is not an intimidating form of exercise.

It is wonderful!’

Anne White



What is Feldenkrais?

The Feldenkrais Method was named after its inventor, Israeli physicist and educator Dr Moshe Feldenkrais. Feldenkrais helps do everyday things with more power and greater ease, for example walking, lifting and getting up from the floor. Discover how movement can be flowing, effortless and pleasurable.

Group classes in the Feldenkrais Method are known as Awareness through Movement lessons. During the lessons, which are often done lying down, you are verbally guided through a series of gentle, but very precise movements. This helps improve the way your brain organises posture and movement. You learn to move in a more efficient and graceful way. This takes the strain off aching and injured parts of the body, restoring comfort and freedom of movement. Individual sessions are also available.

*“Movement is Life.
Life is a process.
Improve the process and you
improve the quality of life
itself” - Moshe Feldenkrais*

Clinical Pilates

‘I have tried many ways over the years to manage my pain, but since doing Clinical Pilates I have had more pain free days and less pain filled days. I haven't felt this great in ages.’

Marie Ottrey

What is Pilates?

Pilates is an exercise system invented by Polish fitness expert Joseph Pilates to improve posture, flexibility, strength and core stability.

Clinical Pilates is a special version of Pilates that has been developed by Physiotherapists as a therapeutic method to help overcome pain and movement problems.



Recent scientific research has shown that a weakness or difficulty activating specific spinal, abdominal and pelvic muscles is often related to chronic neck and back pain. Learning to stabilize the spine, shoulder girdle and pelvis, helps improve posture and creates a strong foundation, making any form of physical activity safer. Beginners can start with either Floor or Studio Classes (see table on page 4).

Studio Pilates Classes

The first step is to attend a comprehensive assessment where we look at your medical history, posture, range



of movement and muscle function. At the second appointment you start your individual exercise programme, and we begin to target any problem areas with specific exercises, while teaching you how to use the equipment safely. You are then ready to commence a 5 week studio class. In our Studio Classes a maximum of 4 participants practice their exercises in a circuit around the equipment, with close supervision and coaching from a Pilates Physio. New exercises are added to your repertoire, gradually increasing the degree of difficulty and introducing new challenges.

Floor Pilates Classes

The Level 1 classes are for beginners and include valuable training in the basic Pilates techniques, postural awareness and activation of the core muscles. This class is safe for people who have a pain, movement or posture problem. Most exercises are done lying down and participants are closely supervised by a Pilates Physiotherapist.

The Level 2 classes include more challenging core strength and flexibility exercises including an introduction to working with fitballs. In level 2 you will work considerably harder, using your body weight as resistance, with the goals of improving your strength, balance, coordination and posture.

The Level 3 classes focus on fitness and injury prevention. These challenging fitball classes are for people, who have mastered the basic Pilates techniques and want to increase their skill level. Level 3 is not recommended if you have current pain or movement problems.



“Promoting pain-free fitness”

Which class is best for me?

	Studio Pilates	Floor Pilates	Feldenkrais
Group Size	2 to 4	Up to 12	Up to 12
Type of exercise programme	Individual	Group	Group
Location	Mt Hawthorn	North Perth	North Perth
Cost	\$250 for 5 classes	\$250 for 10 classes	\$250 for 10 classes
Equipment	Large equipment (Reformer and Trapeze Table)	All equipment provided except fitball for level 2 & 3	All equipment provided
Private health rebates	Yes. HBF Item 505 Run by a Physio	Yes. HBF Item 560 Run by a Physio	Yes. HBF Item 560 Run by a Physio
Classes in a series	4 or 5	8 or 10	8 or 10
When can I start	Any time subject to vacancies	First week of school term	Any time subject to vacancies
Assessment prior to starting	Required plus one individual training session	Recommended	Recommended
Good for posture and flexibility	Yes	Yes	Yes
Strengthening exercises	Yes	Yes	Improved efficiency and power
Good for pain management	Yes	Yes	Yes
Pregnancy and Postnatal	Yes	Possibly. Individual assessment first	Possibly. Individual assessment first



Acupuncture and Dry Needling

Acupuncture is based on Traditional Chinese Medicine and is used to treat illnesses and address imbalances in the flow of energy or ‘chi’ throughout the body. Dry needling is a western form of acupuncture. It is based on current scientific principles and is used to relieve pain which radiates from ‘trigger points’. These exquisitely tender points may feel like ‘knots’ in the muscles and soft tissues and are treated by gentle insertion of a very fine needle for up to 2 or 3 minutes.

Feldenkrais Individual Sessions

During an individual Feldenkrais session you sit or lie on a low padded table, while a practitioner gently guides you through a series of movements, which heighten your body awareness and promote lightness and ease. As you discover more about your postural and muscular habits, your practitioner assists you to identify and change old patterns that contribute to pain, tension and poor posture.

Who we are

Principle Physio-therapist Jodie Krantz has spent over 22 years helping people learn how to overcome pain, movement and posture problems through exercise. Jodie is a Clinical Pilates Physiotherapist and Certified Feldenkrais Teacher, She also has qualifications in dry needling (acupuncture).



Alison Jarvis is a Pilates and Feldenkrais Physio. She has a post-graduate diploma in Sports Physio as well as valuable experience in Australia and the UK in sports physio, rehabilitation & ergonomics.



Loretta Lee is a dynamic Pilates Physiotherapist with a masters degree in Physiotherapy and extensive experience in rehabilitation exercise. She will give you a great workout in the Studio! Loretta is away traveling this term but will be back in November.



Gemma Creighton is a Pilates and Feldenkrais Physiotherapist and a special interest in the performing arts. Gemma takes both Floor and Studio Pilates.

MaryAnn and Joanna are our dynamic duo in the office ensuring everything runs smoothly!

