



SpineScottsdale
Physical Therapy

The Arizona Quarterly Spine NewsLetter *2012 Spring Edition!*



Center for
SpineHealth

A note from Shane

We are now offering Pilates!

SpineScottsdale Physical Therapy has expanded! We are in the same location, but we now have 2,654 sq.ft of space to provide you the complete spectrum of spine care. We have divided our clinic into 2 interdependent areas: SpineScottsdale Physical Therapy and the Center for SpineHealth. SpineScottsdale Physical Therapy provides spine physical therapy and the Center for SpineHealth offers various spine related programs including: SpineFitness, SpineGolf, Spine Ergonomics, SpineOsteoporosis, and now SpinePilates! This newsletter will highlight our new SpinePilates program we will be offering at the Center for SpineHealth.



Your first Pilates session is always FREE. Call to set up an appointment with our certified Pilates instructor, Kara Rice, at 480-235-1927 or email her at kara@pilatestherapist.com to learn more about our intimate studio with **only** one-on-one instruction



Inside this newsletter:

- What is Pilates?
- Meet Kara Rice, Certified Pilates Instructor
- Can everyone do Pilates?
- Benefits of Pilates

What is Pilates?

Pilates is a method of exercise, which aims to encourage the use of the mind to develop core postural muscle strength, stability and flexibility resulting in more efficient and graceful movement. This merging of the mind and body was originally developed by Joseph Pilates in the early 1900's.

It is an exercise system that keeps the body balanced and is essential to provide support for the spine. "The Pilates Principles" assist in conditioning the entire body by focusing on: proper alignment, centering, concentration, control, precision, breathing, and flowing movement. In essence Pilates teaches awareness of spinal alignment with deep core muscle recruitment which is essential for care and prevention of back pain, the rehabilitation of many musculoskeletal problems, and improvement of athletic and physical performance.

The deep core muscles which are the foundation of the Pilates exercises are the deep internal muscles of the abdomen, back and pelvic floor. Pilates trains the core muscles to become strong and work correctly with the more superficial muscles of the body resulting in efficient, painless movement. With increased core strength, stability in the entire body is achieved, which assists with a reduction of pain with movement and an improvement of physical performance.

The Pilates method focuses on quality over quantity. Pilates exercises do not include a lot of repetitions for each move but alternatively each exercise is done with precision. This achieves significant results in a shorter time than one would ever imagine

About Kara Rice: Certified Pilates Instructor, Certified Occupational Therapist

Kara Rice has worked in the health care and wellness industry since 2001. She holds a Masters degree in Occupational Therapy and Bachelor's degree in Kinesiology. She is a Certified Pilates Teacher through Balanced Body University, is PMA certified and holds certifications in many therapeutic modalities and treatments.

Kara's educational background provides her with the ability to make proper modifications and appropriate recommendations for further treatment. She has a strong working knowledge of anatomy and biomechanics which allows her to instruct clients in a pain-free safe environment. She has years of experience



working with clients towards improving function and independence. These have included physicians, nurses, athletes, moms, and clients looking to prevent orthopedic surgery.

Kara continues to enhance her knowledge by attending continuing education courses yearly. She has completed courses in ergonomics, functional capacity evaluation, integrated neuromuscular re-education, corporate fitness, Kinesio taping in pediatric, adult, and sports injuries, spinal cord injury rehabilitation, constraint induced movement therapy, the Graston technique, and The Pelvic Core.

“I am interested in helping everybody achieve the same benefits that I feel from Pilates: lengthened muscles, strong core, balanced muscles, decreased stress, improved posture. I am well-versed in many medical diagnoses and understand that everyone has a different starting point. My goal is to make your Pilates experience fun, pain-free, and rewarding.”

Kara M. Rice, MOT, OTR/L, PMA-CPT

- Masters Occupational Therapy, Midwestern University
- Bachelor’s degree, Kinesiology, University of Illinois
- PMA-Certified Pilates Teacher
- Certified Kinesiotaping Practitioner
- CPR/AED Certified
- ACE Certified Personal Trainer



Can everyone do pilates?

This isn't a complicated answer...YES!, of course they can. Pilates is a movement system created to rehabilitate wounded soldiers. Once in America, Joseph Pilates' method was used and became well-known with dancers. There are many archived photos and video of Mr. Pilates performing his method with perfect form into his 80's.



Joseph Pilates performing Pilates in his 80's

Awesome, right?! Look at his flexibility. I don't know about you but I would be ecstatic to be able to easily touch my toes when I'm 80. Having proper flexibility and strength as you age improves day-to-day function, balance, and vitality.

Pilates can be done at a beginner level all the way through elite athletes. Pilates is a practice where each person strives to master the movements at their own pace. Benefits can be seen for the mature – increased flexibility, stronger middle, improved function & balance, better lung capacity; as well as young participants – strong core & flat stomach, improved agility & balanced muscle for sport, reduced injury.

Compared to other exercise methods there are few that can accommodate and provide benefits to every level of participant. Joseph Pilates taught one-on-one instruction to the body that was in front of me. It is important to have proper instruction with qualified professionals to receive the most benefit

Studio Information

Kara combines the knowledge of Occupational Therapy with the fun of Pilates to create a movement experience that re-aligns the body, balances the muscles, and increases vitality.

MORE than just Pilates.....work one-on-one with an Occupational Therapist certified as a Pilates Instructor, that understands the human body and movement to.....

- Correct your posture
- Continue your prescribed rehab program
- Re-balance your muscles to prevent injury
- Decrease low back pain
- Decrease neck pain
- Improve your breathing
- Recover from childbirth
- Become stronger for your sport
- Gain flexibility
- Increase functional strength for daily tasks
- Never feel pain after a workout

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Using the Internet

SpineScottsdale is now using the internet to connect with the community. We are on Facebook, Twitter, Posterous, and Yelp! You can learn more about these internet sites below:



Facebook: Are you a fan?

Perhaps you have heard of this social networking site that is gaining popularity...FACEBOOK. Well, SpineScottsdale has decided to be a part of the trend. You can find a link at our website, www.spinescottsdale.com, to become a fan. You can post comments, view pictures, read articles, and tell your friends.



Twitter: Providing your patients tips on how to keep your spine healthy

Every day, millions of people use Twitter to create, discover and share ideas with others. Now, SpineScottsdale is turning to Twitter as an effective way to provide your patients and members of the community tips on how to keep your spine healthy.

You can find a link to our Twitter page at: www.spinescottsdale.com



Posterous: Evidence-based blog designed for health care professionals

Too busy to keep up with all the spine related research? I will be posting a weekly blog discussing the most recent evidence-based material on spine related issues. You can view this blog by going to: spinescottsdale.posterous.com



Yelp: The purpose of YELP is to connect people with great local businesses.

1. Yelp was founded in 2004 to help people find great local businesses.
2. As of May 2010, more than 32 million people visited Yelp in the past 30 days.
3. Yelpers have written over 11 million local reviews.
4. Your patients will be able to review SpineScottsdale Physical Therapy at www.yelp.com

What our patients are saying?

“I want to express how satisfied I am with Shane’s care and treatment protocols. He has demonstrated an innate ability to provide the most effective rehabilitation program while having a genuine concern for my well being. I am feeling almost 100% in less than a month from seeing Shane.”

-George

“Shane is fantastic. Not only did he correct my immediate problem of lower back pain, he has taught me how to be proactive in maintaining back health. I highly recommend him.”

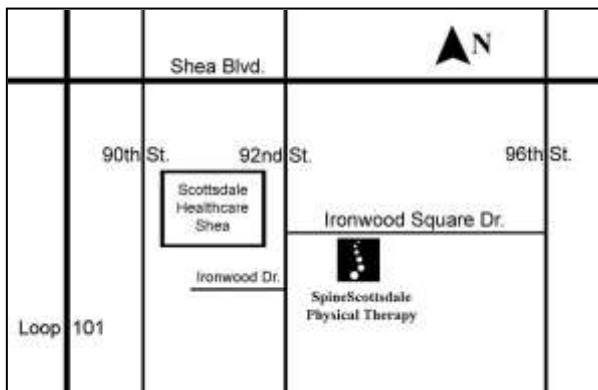
-Denise

“This has been a great experience and the results have been outstanding. Thank you for giving me my mobility back and relieving my pain. I would recommend Shane without exception!

-Stephanie

“I have been coming here for a few months. I could hardly stand when my therapy started and had major pain in both legs and lower back. Within a short time the pain in my legs is gone and the back feels great. Everyone on staff is friendly and makes it a fun time. I have been to other doctors for physical therapy and Shane and the staff has helped more than anywhere else.

-Jason



Shane Sullivan
PT, DPT, CERT. MDT, OCS, ATC, CSCS, CEAS



SpineScottsdale Physical Therapy
10133 N. 92nd St., Suite 101
Scottsdale, Arizona 85258
Phone: 480-584-3334
Fax: 480-272-9369
Email: shane@spinescottsdale.com

Licensed Physical Therapist
Doctor of Physical Therapy
Certified in Mechanical Diagnosis and Therapy
Board Certified Orthopedic Clinical Specialist
Certified Athletic Trainer
Certified Strength and Conditioning Specialist
Certified Ergonomics Assessment Specialist