

PILATES STUDIO GSTAAD

THE PILATES GAZETTE

Pilates and Scoliosis

Everybody's spine has curves. We have curves in the neck area (cervical), upper back (thoracic) and lower back (lumbar). These curves are essential for maintaining proper alignment of the trunk over the pelvis. However sometimes there are abnormal curves present in the spine. When scoliosis develops the spine bends sideways and rotates along its vertical axis. When you look at an X-ray of a person's spine with scoliosis it looks more like an S or C shape rather than a straight line.

There are varying degrees of curvature and scoliosis can either be mild, moderate or severe.

The signs of scoliosis can include:

- A protruding shoulder blade
- A raised hip
- One shoulder higher than the other
- A noticeable curve when bending forwards
- A tilted waist

Causes of Scoliosis

The majority of scoliosis cases are idiopathic which means that the cause is unknown. If the cause is known it is normally due to bony changes (e.g. leg length difference, vertebral fractures), neuromuscular causes (e.g. muscle spasm, habitual postures, onesided sports) or pain avoidance (e.g. tumours, herniated disc).

Scoliosis usually develops before

puberty, prior to the growth spurt, and is more common in girls than boys. However scoliosis is uncommon in adults but is sometimes caused by a degenerative joint problem. In most cases, the scoliosis started in childhood but was not diagnosed until later in life.

We do know that scoliosis is more common in families. Therefore if one member of the family has scoliosis then there is a higher chance of another member of the family having it also.

Pilates and Scoliosis

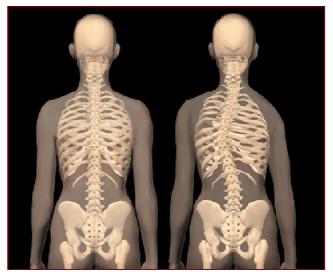
Pilates should be used as management tool and not be thought of as a cure for scoliosis. In many cases, the curvature can not be corrected. However, Pilates can do the following:

 Improves breathing as there can be diminished lung

by Lauren Young & Natasha Lutz

- function.
- Improves alignment. The abnormal curve can't be eliminated completely but the exercise can keep the body in the best possible alignment.
- Decreases back pain.
- Develops strength and awareness of core muscles that support the spine.
- Improve strength and mobility of upper back.
- Develops a more symmetrical muscular system by strengthening weak muscles and stretching tight muscles.

It is important that your Pilates teacher has had specific training in this area so they can prescribe exercises that are suitable and safe. The teachers of The Pilates Studio Gstaad are qualified to teach individuals with scoliosis.



Posterior view of a Normal Spine in comparison to a Spine with Scoliosis



Summer Studio News

Summer Opening Hours

From July 2011, The Pilates Studio will open on the following days:

Mondays	9:15 - 14:45	16:15 - 20:00
Tuesdays	9:15 - 14:45	CLOSED
Wednesdays	9:15 - 14:45	16:15 - 20:00
Thursdays	9:15 - 14:45	16:15 - 20:00
Fridays	9:15 - 14:45	16:15 - 20:00
Saturdays	9:15 - 14:45	16:15 - 20:00
Sundays	CLOSED	

Instructors

Natasha Lutz continues as the principle Pilates Instructor and is pleased to be joined by Norma Gray whom has over 8 years of Pilates teaching experience. Please see Ms Gray's biography below

Equipment Review : Foam Roller

The foam roller is a long cylinder made of foam. The cylindrical shape makes it unstable therefore requiring you to use more of your stabilising muscles when performing exercises on it. Apart from exercises you can also perform self massage on the roller.

Pilates Biography - Norma Gray



Norma Gray is a fully qualified Pilates Institute UK instructor with more then 15 years experience within the fitness industry, 8 of which have been Pilates specific.

Norma was introduced to Pilates in 2002 when she attended her first Pilates class at her local dance school. Athletically fit Norma was shocked at how weak her body felt during the class. It was a humbling yet momentous moment as she realized that this was it, Pilates was what she needed to do, to learn, and ultimately to teach others. Norma wasted no time in following her dream, and by the end of 2003 had completed a Pilates Mat-work qualification and began teaching.

Norma's career has taken her from the UK to work with diverse cultures, communities and traditions in

You apply your body weight to the roller and seek out trigger points (tender points in the muscles that trigger pain) and then you release them. It is advisable to obtain a demonstration from your Pilates teacher before you attempt this at home.

Besides stocking the normal cylindrical roller *The Pilates Studio Gstaad* also stocks *OPTP's* **SMART-ROLLER®**, a uniquely designed, extremely resilient, 'two-in-one' foam roller. This patented foam roller has one side that is flatter and one side that is rounder, making it one of the most versatile foam rollers available! (See photograph below)



by Norma Gray & Natasha Lutz

Italy, the Middle East and Asia. During her travels she has been lucky enough to have worked alongside other complementary therapists such as an osteopath, acupuncturist, clinical nutritionist, acute care nurse, psychologist, Yoga teacher and an Ayurvedic doctor. Contact with these specialists has greatly influenced her approach to teaching, which is healing, prescriptive and individual.

At the beginning of each session Norma assesses how her client is feeling mindfully, emotionally and physically in order to set the tone of the session. She focuses on brain function and body connection through use of visualization, precise body movements, educational instructions for use in everyday life, and encourages her clients to have fun, relax and enjoy their sessions.

Norma's goals are to continue sharing her knowledge of the Pilates Method with others, integrating and encouraging other health, fitness and movement disciplines for improved wellness. Her wish is to create movement experiences that facilitate optimal function, to nurture and to empower.

My greatest reward comes from seeing the positive life changes in the people I have worked with - both physically and emotionally. Norma Gray 2011

Norma will be joining The Pilates Studio Gstaad team from 20th June for Summer 2011, and advanced reservations are recommended.

