



Summer Issue | Dec 2020

About



Filippa Minnelli
Functional Pilates
Scientist
Studio director
BSci (Hons)
APMA Pilates
Instructor

Summer Newsletter 2020

Dear Functional Pilates Clients,

Welcome back...again!

It feels like I have spent the year opening and closing and reopening the studio...just in time to close again for Christmas! It certainly has been a year like no other.

It has been lovely to catch up with many of you in the studio again. Some of you have checked in by email and phone calls, and I am relieved to know that you have all kept safe during the COVID-19 pandemic.

Even though the studio has reopened, I will continue to offer both studio and online classes and consultations throughout 2021.

The studio will close from Tuesday 22nd December and reopens Monday 18th January.

In the holiday period, you may wish to read the adjoining article called 'What is functional movement?' It should provide insight into how your exercises are individually selected to enhance the movements, tasks and activities that are most important to you.

My warmest wishes to you all for a wonderful Christmas and New Year.

Filippa Minnelli

Upcoming Events

Come along to the Kew Junction Twilight Christmas Gift Market & Family Fun Night on

Dec 11th 5:30pm to 8:30pm, on High Street (between the Junction and Derby Street) where I will have a stall.





What is Functional Movement?

“When you train your functional movements, train them with musculoskeletal health in mind” - Filippa Minnelli

Functional movements include the actions and tasks that are important to you today, those you wish to maintain long term, and those you wish to incorporate in the future.

Your movement life changes as your requirements change: as a teenager you may have wanted to jump for netball and football; in your 20s you may have explored the world backpacking, and in your 30-40s you may have needed to sit for 8 hours for your working day.

There are various functional movements that will remain important throughout life, such as walking. Others will change as a result of needs or wants, for example, needing to lift heavier items for work or wanting to learn to ski.

Each activity requires a different focus and different functional training.



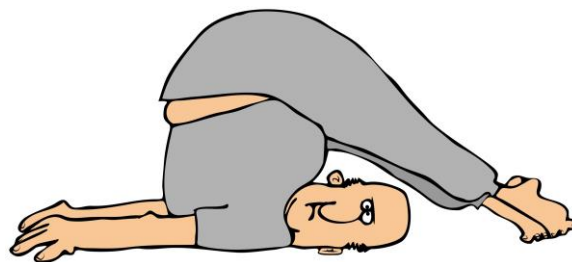
Are any of these functional movements important to you today or will they be important in the future? Each functional movement has a different focus and different training requirements.

What is Functional Movement?

The first photo below is an example of a well selected exercise in the Pilates studio, using apparatus called the Wunda chair. This exercise is helpful for training the functional movements needed for rock climbing or walking up stairs.



Further, the exercise in the first photo below, using the Pilates apparatus known as the Reformer, can be used to train the functional movements needed for pushing a pram or a supermarket trolley.



"Movement specialist, are you sure this is valid functional training for me? I just wanted to get better at tiptoeing around my wife."



What is Functional Movement?

Even the activities that you assume you have mastered and which have seemingly remain unchanged, may at closer inspection be shown to have changed over time.

For example, observe the differences between a grandmother and her granddaughter as they walk alongside each other. In this case, the muscular pattern of walking can change from energetic lunges to a side stepping shuffle – good function evolving into dysfunction.

We have various movement options from which we can choose. These options provide us with variations and versatility in movements which we can adapt to different activities. Even so, we have each developed ways of moving and habitually use these patterns without question.

Why would you question your movement patterns unless there is a need to, like a history of pain or unless it becomes apparent that some of the ways you move are no longer working in your favour?

How would you know to question if your movement patterns are causing underlying issues and consequently are not beneficial for your musculoskeletal health?

Good musculoskeletal health considers the integrity of the whole body during an action, not just the moving parts. For example, when lifting a heavy object with your arms we must consider the effects it is having elsewhere, such as on your lower back or your neck.

Take home points:

- We help you train your functional movements that are important to you.
- When you train your functional movements we train them with musculoskeletal health in mind.