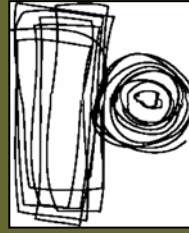


July 2006

# Newsletter



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Hi Everyone!

Hope the summer finds you well! Thank you again for all your support and loyalty. I can't believe it has been almost 3 years since we opened! Wow!

Toby and I continue to search for ways to expand our services at InsideOut and I wanted to write a brief letter highlighting our recent expansion into physical therapy. I am really excited for the approach Mischa has taken and I explain some of the benefits on page 2.

Many of you may know that my Denver Pilates studio shared space with a PT's office and that I have been searching for some time to find someone that would have the desire to combine these services. Mischa not only has the knowledge, but also the skills to listen, care and nurture.

Mischa and I hope to soon offer more therapeutic classes and workshops geared towards specific issues such as back and neck pain and common sports injuries. If you have a specific topic for a workshop, please contact us!

In the meantime, stay healthy and enjoy your holiday.

Sincerely,  
Deborah

### Articles:

If you are interested in reading some literature on Pilates, Roling, and other forms of bodywork, I've listed some recent articles that you can find on-line.

<http://www.msnbc.msn.com/id/10753218/site/newsweek/>  
<http://www.rolf.org/press/releases/art4.htm>

### Inside This Issue

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### Upcoming Session Reminders:

Look to our website for details.  
Call or email the studio to sign up.  
[insideoutbodytherapies.com](http://insideoutbodytherapies.com)

#### FREE Yoga Flow class:

Saturday, July 1<sup>st</sup> 11:00-12:00

#### Yoga Flow:

Saturdays 11:00 – 12:00  
8 week session: 7/8 – 8/26 \$96

#### Beginning Reformer:

Tuesdays 7:00 – 8:00pm  
6 week session: 7/25 – 9/12

### New Class:

#### Pilates in Balance

**Thursdays 7:00-8:00pm**

This class will focus on ballet-inspired standing exercises, while staying true to Pilates principles. We will incorporate various types of resistance to challenge strength and stamina. Expect a total body workout!

### Other Studio News:

Studio closed Tuesday, July 4th

## Pilates-Based Physical Therapy (PBPT)

What it is and why it might help you.

Many of you have been asking about Dr. Mischa Abshire's Pilates-Based Physical Therapy practice here at InsideOut. Mischa (a Duke PT grad) is a practicing Physical Therapist and Certified Pilates Teacher. Her new practice here is something that is unique in the Triangle. She combines all the movement-based assessment and treatment options that Pilates has to offer with traditional physical therapy modalities (*e.g. electrical stimulation, soft tissue manipulation, joint mobilizations, etc.*). From a therapeutic standpoint, Pilates has proven to be effective for sports injuries, acute and chronic back pain, headaches, neck pain, and many other issues. Mischa will not only work with you to heal your injuries on the Pilates equipment, but she can also help develop a fun and engaging Pilates mat workout to facilitate your recovery at home.

If you have been to physical therapy, you know that in many practices you may only see the PT for a short period of time before their assistants take over. Insurance companies also often dictate the length of treatment time allotted for each client. The personal one-on-one time just isn't there and the number of sessions your insurance gives you is not always what is best for your body's healing process. Mischa's practice is different. She sees fewer clients a day and does all the assessment and treatment herself. She does not hand work off to assistants. She takes the time to actually listen, treat, and fully participate in your recovery. Already, she is having great success working this way and I am so happy to see the results in her newly pain-free clients.

To make this unique approach to physical therapy work, Mischa's practice is "cash based". This means that you pay for your session after treatment. We then provide you with the necessary forms to send to your insurance company for reimbursement. We understand this requires a little more effort on your part but remember the benefits:

1. Mischa can spend more time focusing on you and your needs.
2. You will be seen by her for the entire session.
3. Your annual physical therapy benefits may last for a longer period of time because Mischa's fees are often less expensive than the charges normally billed to insurance.
4. You get a uniquely effective approach to healing.

Don't just take my word for it. Here's what a couple of recent PBPT clients had to say:

Continued from page 2.

“For the last four years, I’ve tried to find relief for back, neck and shoulder pain associated with spine curvatures. Chiropractors, prescription drugs, and numerous other physical therapists didn’t work because they would only look at one part of the entire problem. With Pilates-Based Physical Therapy at InsideOut, I have found individualized, one-on-one care. I have become more aware of my body’s structure and positioning. My overall pain is reduced and I have tools to help relax and manage muscular pains”.

- Sarah B.

“It’s hard to express how grateful I am that you’ve finally been able to diagnose what is causing my hip pain. After several years of feeling the pain and visiting doctors who just tell me, “Oh, you’re an active person. Nothing shows up on the x-ray, so just keep exercising.” I am now able to carefully choose what I do so that I can better manage the pain. I think your combination of Pilates and Physical Therapy is a unique philosophy that has the possibility of helping many people in a lasting way. Add to that your cheerful attitude, and you really are therapeutic for the whole person! Thank you for taking such good care of me.

- Carol A.