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Mischa Abshire, DPT, Earns Pilates Certification

Durham, NC, 12 May 2006

Mischa Abshire, a local physical therapist with a doctorate in physical therapy from Duke University, successfully completed a grueling series of exams this Spring to earn her certification as a Pilates instructor from the Pilates Center in Boulder, Colorado. The examination followed fourteen months of intensive training and included a written examination as well as a practical and performance examination. The written examination evaluated her knowledge of the history and methods of Pilates instruction. The practical examination allowed her to successfully demonstrate instructional techniques in the highly specialized therapeutic exercise field of Pilates. The performance examination demonstrated her ability to perform advanced exercises on the Pilates equipment.

"I've found Pilates to be an excellent adjunct to traditional physical therapy," said Dr. Abshire. "Learning these specialized exercise techniques has allowed me to expand on the professional education I had at Duke, to provide enhanced care to my clients"

In addition to her work in a local physical therapy practice, Dr. Abshire applies her Pilates skills at InsideOut Body Therapies, a local wellness and rehabilitation facility. She teaches classes in traditional matwork as well as specialized Pilates equipment such as the Cadillac, the Universal Reformer, the Trapeze, and the Low Chair.

For additional information on Pilates, please visit www.thepilatescenter.com

ABOUT INSIDEOUT BODY THERAPIES - InsideOut Body Therapies is a unique wellness and rehabilitation facility. The studio offers Pilates, Pilates-Based Physical Therapy, GYROTONIC®, Rolfing® and Yoga. InsideOut Body Therapies offers private and group exercise programs and structural bodywork for fitness, rehabilitation, pain management, and overall health.

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