

# Take your **swimming** to a better place ...



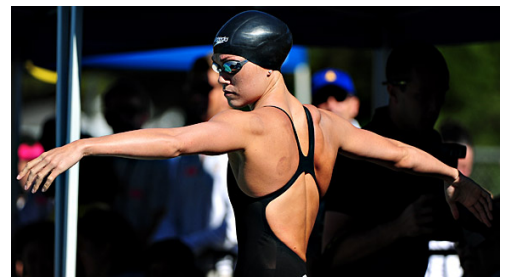
## Body Organics for Swim Conditioning

Body Organics is an established, multidisciplinary health care practice in Brisbane. Our three studios (West End, Chelmer, Annerley) offer allied health services such as Physiotherapy, Exercise Physiology, Podiatry, Nutrition, Osteopathy, and Remedial Massage. Providing a great complement to these services is an extensive range of body movement exercises such as Pilates, Gyrotonic® and CoreAlign®, all under the supervision of qualified physiotherapists, exercise physiologists and instructors.



### Why is this important to Swimmers?

For swimmers, proper body alignment is critical. Swimmers need to work with the water and the slightest misalignment can cause them to work against it. However much of a swimmer's training focuses on working the global muscles, or the outside musculature system. It does not work the inside 'stabilising' system. This bilateral imbalance leaves a swimmer open to misalignments that make certain parts of the body work harder than they should. That can add seconds to a competitive time or contribute to tears, pulls and strains.



### Body Movement Programs



Body Organics can develop Pilates, Gyrotonic® and CoreAlign® programs specifically tailored to the needs of individual swimmers. These programs focus on strengthening the inner support system, which consists of the deep abdominal muscles, and the muscles closest to the spine. The exercises develop trunk control by integrating the torso, pelvis and shoulder girdle. This can teach swimmers how to activate their inner support system to attain maximum balance and alignment as well as correct muscle "firing" patterns. Swimmers will also see stronger stomach muscles - the base of all their movements. For swimmers trunk stability will keep scapula, shoulders, pelvis and spine balanced and aligned so that they can lift their arms up and out of the water without the usual straining of the neck muscles, leading to less overall wear and tear on the body and a faster swim.

### Injury Recovery

At Body Organics, our comprehensive range of allied health services is ideal for injury or illness recovery. Our therapists can work collaboratively to get you back in the pool faster.

*Contact Carla Mullins (Studio Manager) or Michael Schwarer (Practice Manager) to discuss the needs and goals of your swim-conditioning program. We work with individuals, coaches and teams.*