Referring clients to Spring Pilates

For physiotherapists, osteopaths, chiropractors, exercise therapists and GPs

Spring Pilates is a studio in Maastricht where clients can carry on exercising after treatment, under guidance and outside a clinical setting. Here people learn to move differently. I teach small groups and personal training, in Pilates, the **GYROTONIC®** method and the **GYROKINESIS®** method. The work concerns posture, fascia, freedom of movement, and walking with less effort and fewer compensations.

Which clients

- clients who want to carry on moving, under guidance, once treatment has ended
- clients who feel unsteady on their feet, have problems with balance or want to work on preventing falls
- clients working on their gait, for instance with a bunion, plantar fasciitis or after a sprained ankle. Problems in the feet and poorer balance often go together.
- clients left with stiffness or recurring tension in the spine
- clients who have gone on compensating after an operation or injury

Gait: Walking with Ease and Anatomy in Motion

Where balance and fall prevention are concerned, I work on the gait pattern itself. The starting point is the foot: how it receives the body's weight, distributes it and pushes off, and what that asks of the ankle, knee, hip and spine.

Walking with Ease is a group class. Balance is trained as the capacity to respond, not as standing still. The work of each step is shared across all the joints that are able to move.

Anatomy in Motion is personal training following Gary Ward's method. I analyse the gait cycle phase by phase: which joint moves, and which phase is skipped. That movement is then restored in the right sequence and with the right timing. This work suits recurring problems in the foot, knee or hip.

What I do, and what I don't

I work hands-on. I mobilise the joints of the foot and work with the fascia; touch is part of how I instruct. I also teach people to massage and mobilise their own bodies. In class, people learn to perceive how they move and to change it: in timing, in sequence, in how the work is distributed through the body. Each class follows the participant. There is no fixed sequence of exercises.

Movement can resolve a great deal, though not everything. Pain that grows worse rather than better with movement calls for something else. I then refer the client back, or on.

How a client begins

Group classes. Small groups of no more than ten: Essential Pilates, Gyrokinesis classes, Fascia in Motion and Walking with Ease. A trial class is free.

Personal training. A first conversation, also free, followed by an introductory series of three sessions. On the reformer or the Gyrotonic Pulley Tower, with Anatomy in Motion or with Myofascial Release.

Clients can book at springpilates.nl/home-english/meet-me or by phone.

Spring Pilates is not a healthcare provider. Classes and sessions are not covered by health insurance.

Reporting back

If the client would like me to report back to the referring practitioner, I will. The choice rests with the client.

Experience it yourself

Would you like to experience for yourself how I work? Get in touch and we'll arrange a session.

About me

Aisha Trimbach. My own studio since 2004. Comprehensive Pilates training, mat and all apparatus, with Kelly McKinnon (Peak Pilates). Training in the Gyrotonic method and the Gyrokinesis method. Courses in Anatomy Trains with Thomas Myers and James Earls, and in Anatomy in Motion with Gary Ward. From 2005 to 2016 I taught Pilates at Maastricht University.

Access

The studio is on the first floor and can only be reached by stairs.

Contact

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