



For more information, contact:
Catherine Isaacson, Owner/Director
CENTRE PILATES®
www.centerpilates.com
215 357-5946

CENTRE PILATES® COMMENDED FOR EFFECTIVE REHABILITATION

Sept 2nd 2007, Catherine Isaacson (owner/Director CENTRE PILATES®, Newtown, PA) fell victim to a violent vortex from a rip tide and undertow in the ocean. She sustained a serious rotator cuff rupture requiring surgery to repair muscles and to reattach tendons to her right humerus. Thirteen weeks after surgery, despite following her surgeon's rigorous post-op recommendations "written in stone" (6 weeks of immobilization, 6 weeks of passive/active physical therapy), on December 7th, she ended up with a "frozen shoulder."

Her surgeon insisted on another surgical procedure to free her shoulder. Instead, Catherine chose to rehabilitate herself with her Pilates' workout, some additional traditional Physical Therapy movements, and some she innovated.

"I validated my progression," stated Catherine "with Martin Kelley, PT, DPT, OCS, an Orthopedic Clinical Specialist at Penn Presbyterian Medical Center. I saw Marty 3 times, approximately 3 months after surgery from January 3rd to mid February 2008. The movements Marty taught me were key in opening my shoulder further. I have since integrated them into my Pilates teaching to benefit my clients."

"I initially thought," confirmed Martin Kelley, "Catherine would require a second surgery to release the restricting tissue, but asked her to begin specific stretches and I would reassess. When she returned 4 weeks later she had significantly increased her external rotation from 25 degrees to 60 and it became clear that she enhanced her program with an innovative Pilates workout. By her third visit, her motion and strength were greatly improved. Catherine's accelerated progress is no doubt due to her extensive awareness and knowledge of her body coupled with her Pilates training and experience." Martin Kelley, PT, DPT, OCS, Orthopedic Clinical Specialist PENN Presbyterian Medical Center.

"My proven expertise and experience in Pilates, in conjunction with my own rehabilitation, have taught me to guide my clients with added compassion toward full recovery, safely and effectively," affirms Catherine. "Clients who have benefited include: individuals with herniated disks, rotator cuff tears, neck/back pain, hip and knee replacement, arthritis, tennis elbow, scoliosis, MS, fibromyalgia, sprains, misalignments, stiffness, fatigue – and the list goes on. (Pre and post surgical patients require a prescription from their physicians.)."