



The centre is accessed by a driveway immediately before the Caringbah Baptist Church (CBC). Once you turn into the driveway (which can only be accessed travelling west on Captain Cook Drive) BPS Tensegrity is Unit 17 the Cook Complex on your left.

Unit 16, 70-72 Captain Cook Drive
Caringbah 2229 Sydney

0424 972 386
E-mail: info@bpstensegrity.com



Our Services

- **Physiotherapy**
- **Pilates Studio and Mat**
- **Nutrition**
- **Meditation**

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www.bpstensegrity.com.au**

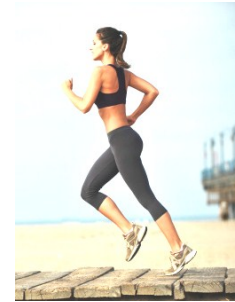
Physiotherapy is a healthcare profession primarily aimed at improving mobility, functional ability, quality of life and movement potential.

Many of our staff are qualified physiotherapists, they have all also undergone the extra and continuing education required by BPS Tensegrity to bridge the gap between evidence based methods, emerging scientific research, clinical expertise and the open minded approach needed when dealing with each individual.

We understand more and more that 'mind and body' cannot be separated, to get the best results the whole person needs to be treated.



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Running Technique/Injury Correction

**Initial Appt (1hr) \$120
Follow Up (30min) \$60**



Golf Technique/Injury Correction

**Initial Appt (1hr) \$120
Follow Up (30min) \$60**



Nutrition

**Initial Appt (45min) \$70
Follow Up (30min) \$55**



Meditation

Class (1hr) \$20

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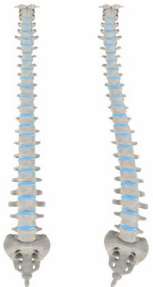
Physiotherapy

**Initial Appt (1hr) \$120
Follow Up (30min) \$60**



Pilates

**Semi Private: 2 ppl per session (1hr) \$60
Studio: 4 ppl per session (1hr) \$45
Mat Class (1hr) \$20**



Scoliosis Class

**Initial Appt (1hr) \$120
Follow Up (30min) \$60**



Dance Technique/Injury Correction

**Initial Appt (1hr) \$120
Follow Up (30min) \$60**

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Pilates is a method of total body conditioning focusing on balancing of muscle groups to improve postural alignment, the development of a strong core, improved body awareness and better control of breathing.

It can include a wide range of difficulty levels from the injured participant, to the advanced mover.

Evidence has shown the effectiveness of Pilates in helping rehabilitate people after lower back and pelvic injury and pain, in improving and regaining strength pre and post pregnancy, in improving the control of musculoskeletal systems and creating general ease of movement.

Pilates involves exercises on the mat and on specifically designed Pilates equipment, which allows for isolation and/or loading of specific muscle groups.



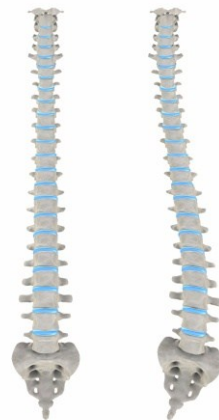
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Scoliosis results in asymmetrical muscle forces in the spine which in turn force further curvature of the spine. This is an ongoing cycle.

Specific breathing and positioning exercises have been shown to decrease the amount of compensation the body makes and thus helps to prevent secondary curves from deteriorating!

These exercises can:

- Halt curve progression
- Reduce pain
- Increase vital capacity (lung capacity)
- Partially reverse abnormal curvatures
- Improve posture and appearance (lifelong)
- Avoid surgery



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There is growing scientific evidence for the benefits of meditation in all aspects of our lives. Science is complementing ancient knowledge practised in the 'Eastern philosophies' such as yoga, Tai Chi and Chinese medicine.

At BPS Tensegrity we focus classes on '*mindfulness meditation*'. This type of meditation begins by teaching one to focus attention on the breath. One may choose for example, to focus attention on lower back pain, stress levels or anxiety. We can learn to improve attention in any element of our lives.



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We all know the importance of a healthy and balanced diet, but in this age of hectic schedules, mass media marketing and excessive food options it can be hard to plan and stick to what we know as 'good food'.

Good nutrition is very important in order for your body to work efficiently. If you regularly eat processed, sugar-laden and high fat foods, you are inhibiting your body from working efficiently.

A nutritionist can inform you of the healthy choices available and build your diet and lifestyle plan to meet your needs. They also help to motivate and encourage you by keeping you accountable and focussed on your own path to success.



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As dancers we all know the importance of good posture, body awareness and movement control. However this control is not always easy to achieve! Pilates is one of the best methods for improving the strength of stabilising muscles, balancing muscle groups and allowing for increased flexibility and control of a wide range of movement.

BPS Tensegrity principal, Lana Johnson is a physiotherapist and Pilates instructor with over 20 years experience dance and human movement. Lana danced with Judy McCabe, Miss Joanne Ansell and with the NSW State Schools Dance Company touring USA and France and learning from such esteemed companies as Alvin Alley and Walt Disney. Lana has a special interest in dance as well as the demands that different disciplines place on dancers of all ages and abilities.



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Running is the 2nd most popular 'general exercise' after walking for the average Australian. It also causes thousands of lower limb and spinal injuries each year. It is important to get our running technique correct, and avoid injuries, stresses and strains.

Good running technique involves good foot placement, correct stride length, good hip and pelvic control and good spinal stabilisation. If all these factors are right you are on your way to having 'perfect technique'!



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Any good golfer will tell you that the basics of good golf technique are grip, stance, swing and follow through. While this might sound relatively easy, the reality is that getting your body to perform these intricate movements on command takes practice.

Often our body lets us down in the range of movement we have in our joints. Mastering good golf technique requires efficient movement!

BPS Tensegrity focuses on achieving the best balanced range of joint movement possible.

