

## About Melanie

Melanie Quayle graduated from the University of Natal in 1996 with a degree in psychology and a diploma in HR management. She has always had a special interest in health and fitness, so went on to study Exercise Science and group and personal fitness training. In 2001, she completed her International Pilates certification through Stott and started working at a physio practice in Johannesburg. In 2003 she opened her own Pilates practice, focusing on rehabilitation training. In 2011 Melanie completed the post education Kinetic Precision course in Pretoria.

She currently practices Kinetic Therapy and Kinetic Conditioning from The Naturally Yours Centre in Bryanston, working with all age groups from 12 years to 80 years, from the unconditioned client to the elite athlete; specifically, cyclists and runners. Her unique approach, being client specific training with precision in movement ensures guaranteed results.

Melanie has a personal interest in, and passion for endurance sport. She has run for many years and recently started road cycling. She has personal experience in dealing with many of the typical runner and cyclist injuries.

### Some conditions she has worked with include:

- All spinal disc conditions - back and neck
- Scoliosis
- SIJ instability
- Shoulder impingement conditions
- ITB and other knee conditions
- Hip joint instability
- Plantar fasciitis
- Ankle strains and instability
- Hamstring injuries
- Hypermobility syndrome



Functional Fitness

Core strength

Injury rehabilitation & prevention

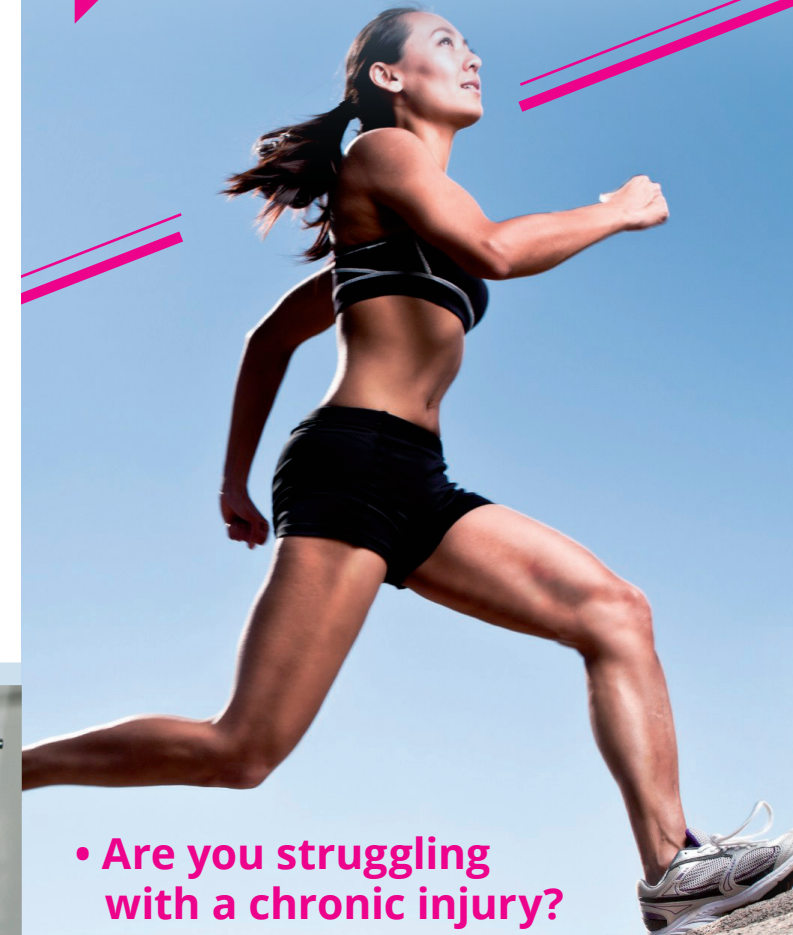
Muscle recruitment skill

Neuromuscular pathway awakening

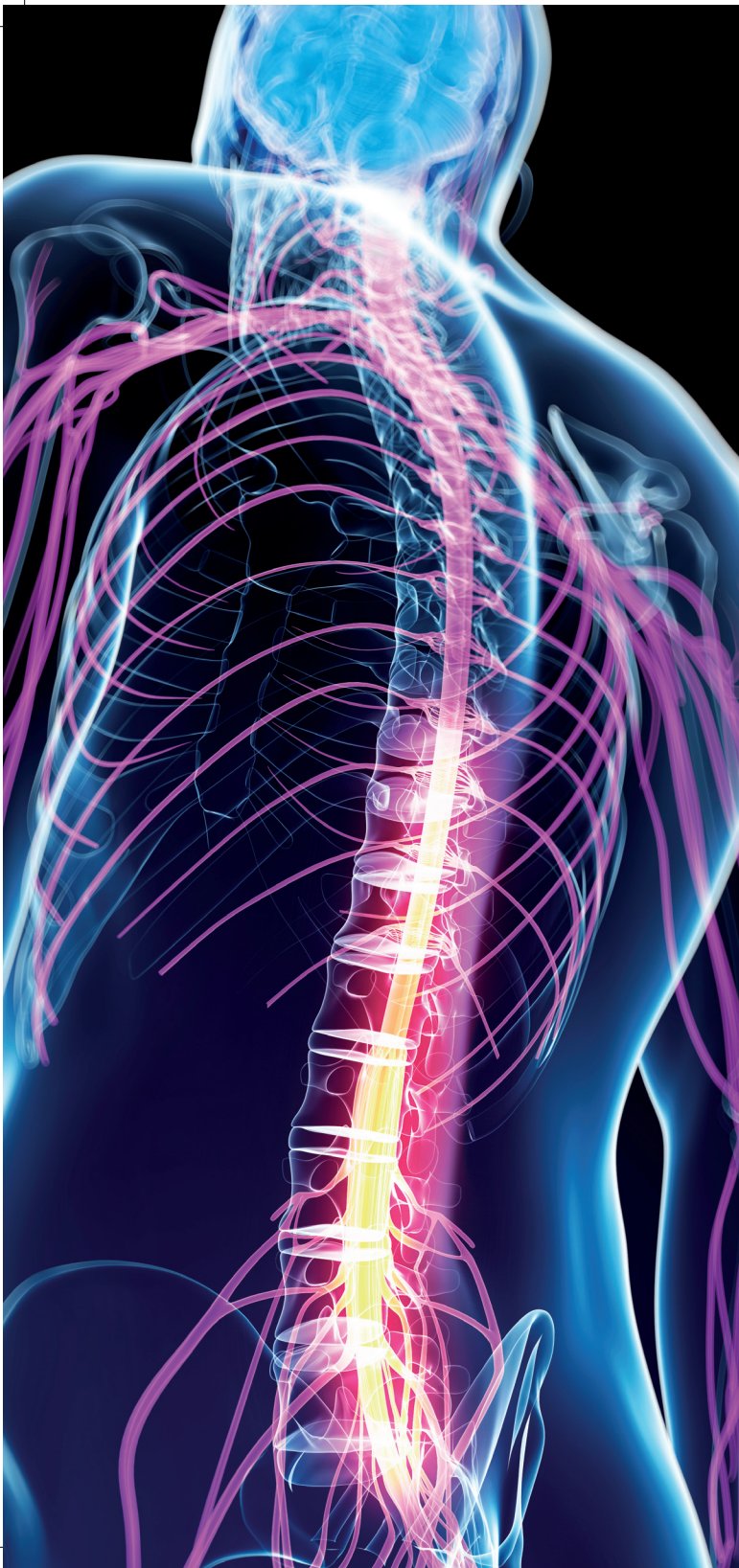
Continuous improvement in sports performance



MQ KINETIC THERAPY AND CONDITIONING



- Are you struggling with a chronic injury?
- Are your muscle imbalances impacting your sports performance?
- Do you need guidance in muscle recruitment skill?



## What is Kinetic Conditioning?

**Kinetic Conditioning is CONSCIOUS Functional Movement Training.**

My practice is based on a method of client specific movement training called Kinetic Precision. Its foundation is laid in basic Pilates principals and its unique approach is based on two fundamental factors:

1. Client Specific Training
2. Precision in Movement

The approach is based on science and taught from an anatomical point of view. Clients are assessed, made aware of their imbalances and taught which muscles need to be recruited and strengthened in order to achieve balanced movement. Most importantly, the client is taught HOW to recruit these muscles and execute the exercises with precision and immaculate technique.

## What does the training involve?

1. A comprehensive assessment to identify client specific postural and biomechanical imbalances, as well as movement compensation patterns.
2. Exercise sessions (1 hour) wherein:
  - The client is made AWARE of these imbalances and educated on neutral posture and correct biomechanics.
  - The client is taught which muscle groups or individual muscles are dysfunctioning and why, and HOW to recruit and isolate these muscles to correct imbalances. The client is taught neuromuscular pathway awakening skills through conscious movement repetition.
  - The client is given a personal program and trained in movement PRECISION and exercise technique.



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