

Pilates and Rehabilitation

Seascope Physical Therapy & Fitness Studio's new Pilates Instructor knows personally the value of non-impact exercise

By Cynthia Howe

When Jim Tucker was just a kid, he rode his bike over the same ground his Studio now sits on in Seascope Village. That was over 35 years ago, and the local boy who went off to college to find his future returned 13 years later to build a life for he and his family.

Tucker, owner of Seascope Physical Therapy & Fitness Studio has recently joined forces with Jeannette Ruger, owner of Seascope Pilates. Tucker and Ruger are both natives of Santa Cruz and in fact, their families have been friends for three generations. Jeannette is thrilled to accept the opportunity to return to Santa Cruz to pursue the dream of owning her own business. "Not only is Jeannette an exceptional Pilates Instructor with post-rehabilitation experience, she also adds to the family atmosphere that we value here at the Studio."

After graduating from Soquel High School in 1990, Ruger enjoyed an extensive professional dance career that led her around the world. Through her eighteen-year career, Jeannette worked in various family productions such as Spellbound, Mystique, Imagine and Legends in Concert, Ruger performed on cruise ships throughout Europe and the Caribbean. Jeannette has danced in shows with headliners such as James Brown, Frank Sinatra, and Diana Ross, performing for the royal family of Monaco and toured in Japan, Germany, Australia, and New Zealand. She had the privilege of working with the Tap Dogs, Tony award winning choreographer for "The Who's Tommy" Wayne Cilento, and nationally acclaimed Michael Darrin and Helene Slater.

Upon her retirement, Jeannette returned home. "I always said I'd come home when my dance career was over, and it's surreal to be here, enjoying the beautiful ocean again."

Ruger was first introduced to Pilates in her own rehabilitation. Approximately seven years ago, she thought her dance career was over due to repetitive injuries. After taking up Pilates, it helped Jeannette to recover.

"Pilates was instrumental in helping me continue my dance career. I am passionate about sharing the benefits of Pilates for post-rehabilitation, performance and

quality of life with others."

The art of Pilates was first developed in the 1920's by a German athlete, Joseph Pilates. His regimen "develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit."

The core discipline is centered on controlled whole body movement, breathing techniques, while maintaining focus on utilizing the inner core of the body, that being the deep abdominal muscles as well as the muscles around the spine.

Many exercises are completed on a mat while others use special spring resistant equipment. The individual benefits from non-impact exercises that are easy on the joints. Additionally, you will improve your circulation and experience enhanced ease of everyday movements.

Ruger's passion is helping people achieve their body's maximum potential. She first received her Pilates mat certification from UNLV in 2001. Then in 2003 was certified by the founder of BASI, Rael Isacowitz and interned at the Keith Kleven Institute of Physical Therapy, Sports & Dance Rehabilitation of Las Vegas. It was there that Jeannette gained experience working with professional athletes in various sports and dancers/acrobats from Las Vegas shows including Mama Mia and Cirque du Soleil productions.

Ruger has witnessed the benefits of Pilates in people that have had such chal-

lenges as Multiple Sclerosis, Parkinson's, and Scoliosis, auto accident injuries, Sciatica, Osteoporosis and Breast cancer survivors. Jeannette continually strives to further her education attending seminars such as the Pilates Method Alliance and Inner Idea yearly. Most recently she attained her certification in Pre/Post Natal Pilates by The Women's Center for Fitness.

The blending of Physical Therapy and Pilates is a natural fit. Both utilize exercise

to reduce pain, improve posture, and restore functional mobility and performance.

Jim Tucker and Jeannette Ruger can develop a personalized repertoire of exercises that are tailored to the needs of their clients. Whether they are recovering from injuries, athletes or the elderly, the benefits are remarkable.

Tucker graduated from Cal Poly, San Luis Obispo in 1988 with a degree in Physical

Education and completed his advanced training in Physical Therapy from CSU Fresno in 1994. Throughout his career he has worked in hospitals, nursing homes, outpatient clinics, and the home care setting. He is now entering his sixth year in private practice.

Jim has continued his education throughout his career by taking extensive courses to further his clinical skills and knowledge. In 1998, he completed a year-long course in Orthopedic Manual Therapy. In 2004, he passed the American Physical Therapy Association's Clinical



Seascope Physical Therapy & Fitness Studio in Aptos

15 Seascope Village

Hours of operation:

Monday — Friday: 9 a.m. - 5 p.m.

(closed for lunch)

Extended hours by appointment.

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Specialist Examination to become one of only 3,000 Orthopedic Specialists in the United States. Currently, Jim is preparing to become a Sports and Conditioning Specialist (CSCS) in 2009.

Tucker is also committed to community service. He served three years as a director of rehabilitation for a local hospital, coach's volleyball and soccer and attends numerous sporting events at the high school and at Cabrillo to watch some of his favorite athletes compete.

Kathy Tucker is the administrative side of the business. A registered nurse and massage practitioner, she is able to describe her husband's calling better than anyone else. "Jim's passion is in helping other people heal. It might be a cliché, but Jim genuinely cares about people and gets personal joy out of seeing them get better."

At Seascope Physical Therapy & Fitness Studio in Aptos, along with the Pilates equipment, you will find a gymnasium with state-of-the-art equipment for rehabilitation and fitness. At the studio Jim, Jeannette and Kathy utilize a number of methods tailored around the specific needs of each client. Patients will receive quality rehabilitation, athletes can improve their performance, and seniors will benefit from strength and balance training while others, who simply want to look their best, can exercise in a beautiful environment with a stunning view of the ocean. No matter what your physical needs may be, this team can help you meet your personal health and fitness goals. ■

Seascope Pilates offers Private and Duet sessions on equipment. Also enjoy group Mat classes. Open Monday – Saturday. Offering two sessions for price of one! (Good through 01/31/09). (831) 687-0922. (702) 274-1116. jroog@hotmail.com