

▶ **MANCHESTER**
MON—FRI: 9AM-9PM
SAT: 9AM-6PM

○ August | ○ 2014

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 **Anatomy**
Physio • Sports Injury • Therapies

August 2014

August's Offer

SUMMER SPECIAL

**20% OFF ANY TREATMENT ON
TUESDAYS & THURSDAYS
BETWEEN 9AM AND 2PM**

ADDED BONUS

**LOOK OUT FOR TWITTER COMPETITIONS
ALL MONTH**



Staff Profile - Tina Malcolm



Tina completed her intensive three year course in Traditional Chinese Acupuncture in 2006 at Lincoln University. She then went on to study Massage and Reflexology. As a result of her extensive training, she has the ability to incorporate a variety of therapeutic techniques into each treatment she gives. This means that Tina can tailor her sessions to her clients' individual needs; no two sessions are the same.

Tina loves the great outdoors and has a passion for travel which has lead her career in several different and exciting directions. She has lived and worked in a number of countries as well as at sea, where she has gained a wealth of experience and a great understanding of the holistic approach to health and fitness.

Tina is a registered member of The Federation of Holistic Therapists. She is able to treat a vast range of ailments from musculo-skeletal problems to stress and anxiety. She is a firm believer in treating the mind and body as one and encouraging an all round sense of well being. If you haven't had Reflexology with Tina then you have never really relaxed!

CORE STABILITY

Now, we'll admit that a vast amount of rubbish is spouted about core stability but this is often used in the wrong context.

The spine is a stack of vertebrae that is called upon to bear loads, yet it is flexible. A flexible rod that allows movement will bend and buckle under load, but absorbs shock. The greater the load that is placed down the spine, the greater the need for the musculature to stiffen the spine.

Core training improves your ability to control muscles and movements. It develops strength in muscles that lie deep in the abdomen and connect to the spine, pelvis and shoulders. This then helps you to maintain good posture, balance and co-ordination

Unfortunately most of us have very poor posture and core stability. This can be due to modern lifestyles that see us sitting for most of the time. Many people sit at computers all day and in front of televisions in the evening and so we have stopped using key muscles that should be used to maintain a strong, upright posture.

Enhancing core stability through exercise is common to musculoskeletal injury prevention programs and strong core muscles makes it easier to do physical activities.

Often we see clients for weeks of treatment to help pain and muscle tightness and then get them core training to try and prevent injury from occurring again.

Look out for our Core Stability classes starting in August 2014 but for the time being here are some pointers:

Climbing Rope

Sit with legs extended, feet turned out in a V position, toes pointed. Contract core muscles and roll spine into a C-curve. Lift arms and move them as if you were climbing a rope. Twist slightly with each reach. Do 20 reaches with each arm.

Side Balance Crunch

Begin with left knee and left hand on the floor, right arm straight up. Extend right leg so your body forms a straight line. Pull right knee toward torso and right elbow toward knee. Straighten arm and leg. Repeat 10 times, then switch sides.

Circle Plank

Start in a plank position with abs tight. Pull right knee in and circle it clockwise, then counterclockwise. Keep the rest of your body stationary. Repeat five times, then switch legs.

Sliding Pike

Begin in a plank on an uncarpeted floor, hands under shoulders and a towel under feet. With legs straight, raise hips and draw legs toward hands into a pike position—your feet should slide easily. Hold for one count, then return to start. Repeat 10 times.

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