

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

September 2014

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► **CHESTER**  
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## September 2014

### Course Packages

Here are details of some of the courses we have for you:

- 10 x 60 minute Massages for just £300
- 10 x 60 minute PT sessions for just £300
- 10 x Lymphatic Drainage Massage for just £300
- 5 x 60 minute PT sessions for just £160—**this one is a limited offer until 30th September 2014**

### Loyalty Points

Don't forget about our loyalty scheme. You automatically accrue points during treatments and can redeem them against massage, PT and injury assessment. Ask at reception to see how many you have.....



### Staff Profile - Zoe Brindle



In 2012 Zoe graduated from The University of Bolton with a BSc (hons) in Sports Rehabilitation. Whilst at uni she had the opportunity of working alongside her tutors at sporting events such as the Wilmslow half marathon and charity football events at the Etihad Stadium. She also had the opportunity to work alongside the head physio at Wigan Warriors RLFC and Preston Grasshoppers RUFC.

Zoe is passionate about what she does and loves getting people back to full fitness whether they are a highly competitive athlete or just a general member of the public. She gets a great sense of achievement when a patient says they no longer have pain because of her treatment and feels proud to have helped to become them pain free.

Zoe is our longest serving member of the team and is a very popular therapist—so much so that when she changed her shifts earlier this year of her clients followed her!

## 5 gym exercises to make you a better runner

Olympic Gold medallist Iwan Thomas used to train with our very own personal trainer Joe Lloyd. Iwan has put together some resistance moves for us to help you go further and faster on your next run. Let us know your thoughts!

### 1. Dumb-bell bent-over rows

Stand with your legs apart and slightly flexed, your body bent at waist so it's almost perpendicular to the ground. Hold a dumb-bell in each hand with your arms hanging down. Row the dumb-bells in towards your shoulders, then return to the start position. "Make sure you keep your core tight throughout the move." says Thomas.

**Sets and reps** 3x12

**Why** It's a great workout for your shoulders, arms and lower back. "This will improve the strength in your arms which, in turn, will improve your speed," explains Thomas.

### 2. Dumb-bell bent-arm pullovers

Lie on your back on a bench. Hold one end of a dumb-bell with two hands straight above you, then lower the weight behind your head. Bring it back up to the starting position and repeat.

**Sets and reps** 3x12

**Why** "This move targets your triceps," says Thomas. Effectively working the biggest muscles in your arms ensures you'll fill your shirt sleeves and can drive your body forward faster.

### 3. Dumb-bell lateral raise

Stand or sit with a dumb-bell in each hand hanging at the side of your body. Lift your arms out to the side until your arms are fully extended and your hands are at shoulder height, so your body forms a capital 'T' shape.

**Sets and reps** 3x12

**Why** "Again, this is a great upper-body move, engaging a number of the larger muscle groups," says Thomas. "To increase speed, it's crucial to strengthen your upper body."

### 4. Box step with knee drive

Stand behind a box with a dumb-bell in each hand. Place your left foot on top of the box, your heel aligned with the closest edge. Step up onto the box in a quick explosive movement, driving your right knee up towards your chest. Repeat with your other leg.

**Sets and reps** 3x20 each side

**Why** "This is a great exercise for working your glutes, which are important for balance and technique," says Thomas.

### 5. V-ups

Lie on your back on the floor or a bench with your knees bent and hands extended towards the ceiling. Your head should be in a neutral position with a space between your chin and chest. Leading with your chin and chest, contract your abs and raise your shoulders off the floor or bench. Simultaneously, raise your legs up towards the ceiling and attempt to touch your hands to your feet.

**Sets and reps** 3x20

**Why?** Core strength is an essential asset for a strong, fast runner.

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## Your Anatomy Team



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