

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

November 2014

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November 2014

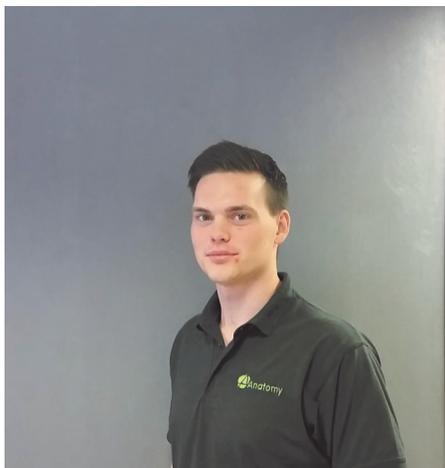
## Special Offer

Refer a new client  
And get a 60 minute massage  
for yourself  
Half Price!

**Expire 30/11/2014**  
**Ask at reception for details**



### Staff Profile - Matthew Robinson



#### Meet Matthew—our newest member to the team

Matthew graduated from the University of Bolton in July 2014, with a BSc (Hons) in Sports Rehabilitation and is an accredited member of BASRaT. Throughout university Matthew has gained experience through his placements at a physio clinic in Stockport and with Oldham Athletic FC's 1<sup>st</sup> team; helping in the treatment and rehab programmes of both the athletes and the general public.

Matthew has had the opportunity of working with and performing massage on players from Wigan Warriors RLFC, Fiji International RLFC and Wales International RLFC during the 2014 World Cup. As well as being part of the massage team for the Bolton Ironman race.

Matthew enjoys hiking in the great outdoors and has played a variety of sport including rugby union. Matthew has spent time in America teaching children archery and looking after them through the day as they enjoyed different activities. Through his years as a Scout, Matthew has worked this way through and completed the three Duke of Edinburgh Awards; where he recently went down to St James palace in London to collect the Final award from the Duke of

# Top Physiotherapy Myths—Busted?

An article in a national newspaper caught our eye purporting to bust some common advice given to Physiotherapy patients. Here is our take on it...

## 1. The type of mattress you sleep on prevents back pain

*'We couldn't find any well conducted trials to evaluate this,' said Anne Moseley from PEDro*

At Anatomy we believe that our bodies adjust to mattresses and this is why you sometimes get aches and pains if you have slept in a different bed for a few days, for example when on holiday. It is the change that causes the pain, not the bed or mattress itself.

## 2. Stretching prevents injury and muscle soreness in recreational runners

*'Stretching before and after a run makes no difference to injuries and muscle soreness'*

rather than static stretching it's much more beneficial to do an active warm up that reflects the movements your sport requires to help warm muscles for their intended movement patterns. This was Anatomy owner Jen Lloyd's research paper subject—she knows her stuff!

## 3. You should wear a neck brace if you have a whiplash neck injury

*'If there is no fracture and just whiplash, research has found that wearing a brace is detrimental'*

With a whiplash injury it is essential to keep the movement going in the neck—obviously a neck brace works against this

## 4. Ultrasound for the recovery of ankle sprains

At Anatomy we believe in manual treatment. You will find no electronic pulsar equipment here!

Research papers are always tailored to specific conditions and here that research has then been tailored to the newspaper headline.

Without all the facts it is easy to make broad-brush statements but that doesn't mean the advice is always correct. We would always recommend getting professional advice for any training, injury or chronic muscular problems you have so that you receive the correct treatment for your specific condition.

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## Your Anatomy Team



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Zoe  
Sports Rehabilitator



Sean Devlin  
Clinic Director



Jackie O'Rourke  
Sports Rehabilitator



Charlotte Harrison  
Sports Therapist



Tina Malcolm  
Holistic therapist