

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

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► **CHESTER**  
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October 2014



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## Special Offer

This month we give you the ever popular:

**3 x 60 minute massages for £100**

**Expire 31/12/2014  
Received in gift voucher form**



### Staff Profile - Amy Farrell



Amy Graduated from the University of Salford with a Bsc Honours degree in Sports Rehabilitation and has completed a Rock taping Level 1 course. Amy is also a GSR member of the British Association of Sports Rehabilitators and trainers (BASRaT).

Since graduating Amy has worked with Warrington Wizards RLFC, Hyde FC and at the U16's East Essex regional netball trials. Providing pitch side care, injury treatment, massage, taping and exercise prescription. Most recently Amy has been working in the M.O.D as an Exercise Rehabilitation Instructor (ERI) working with injured service personnel. Her role involved the assessment of injury, group class instruction and devising individual rehabilitation programs enabling patients to return back to their job and military fitness pain and injury free with a better understanding of their injury and knowledge of injury prevention. Working within sport and the M.O.D has enabled Amy to see and work with a range of different musculoskeletal injuries from chronic pain to acute injuries and the knowledge of the most appropriate treatment for the injury.

After building up a loyal client base in our Chester branch we recently managed to get Amy to join us in Chorlton as well.

## Your Anatomy Team

### Ice Massage

Ice massage is commonly used to assist deep tissue massage. This is because the 'numbing' sensation that the ice offers during the massage enables the therapist to continue deeper into the muscle tissue even if the client has a low pain threshold, as the client will not be able to feel the pain as much as they normally would in standard deep tissue massage. Therapists offer this as an alternative massage for some clients with whom they are unable to get as deep into the tissue as they would feel to be beneficial, as standard deep tissue massage too painful for them.

During ice massage, the therapist first applies a soap based massage lubrication to act as a base for the treatment. They then apply the ice to the skin and cover the surface of treatment. Straight after, the therapist performs deep tissue massage onto the area. This sequence is then repeated to create a 'numbing/soothing' sensation which enables the therapist to continue deeper into the muscle tissue with very little pain being received from the client.

Ice massage can be used on the legs, arms and upper shoulder region. A lot of clients benefit more when using it on their leg region. Injuries such as IT Band Syndrome, Shin Splints, and muscle strains in the legs can benefit from ice massage as these can be commonly known as sensitive areas during standard deep tissue massage.

Ice massage can also be used to assist in the treatment of injuries involving inflammation and swelling by helping to optimise drainage to excess fluids.

The area of massage can be susceptible to injury up to 30 minutes after treatment, therefore make sure that the area of treatment has been thoroughly warmed up after treatment if you are expecting to play sport.

#### Benefits

- Impairment of reflexes (stops you from twitching or tensing up during deep tissue massage)
- impairment of motor functioning (reduces the amount of pain that you would normally feel during deep tissue massage)
- can reduce inflammation/swelling
- can help to relieve DOMS (delayed onset of muscle soreness)

#### Contra-indications

- If the pain increases during the massage, there is a need to stop the treatment
- Skin rashes
- Open wounds
- Sensitivity to cold. This is common in clients with fibromyalgia
- Poor circulation
- Raynaud's disease
- Peripheral vascular disease, including diabetes, Buerger's disease, and arteriosclerosis of the lower extremities
- Heart problems
- Lymphedema

#### **Anatomy Manchester**

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Jackie O'Rourke  
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Charlotte Harrison  
Sports Therapist



Tina Malcolm  
Holistic therapist