

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

May

2015

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► **CHESTER**
MON—FRI 7AM-9PM

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Manchester and Chester

May 2015

Special Offers

Two Offers this month.....

1 x Reflexology and 1 x Indian Head Massage for £60

Both treatments must be taken by 30/6/2015

5 x 1 hour Massage treatments for £150

All massages must be used by 31/8/2015

Both offers must be bought by 31/5/2015



What we've been up to...

Jen Lloyd and Tina Malcolm attended a Pregnancy master class over the whole weekend further developing their skills in the treatment of pregnant women and are now armed with more techniques to help with various issues including the dreaded but common pelvic girdle pain. All staff will receive further training in this area.

Matt went down to London to collect his Queens Scout award—the highest award achievable in the scouting movement across the UK, Canada, Australia and New Zealand which was presented by the Duchess of Gloucester.

Sean competed in his second ever Jiu Jitsu fight. He did really well in the heavier division and despite a trip to A&E afterwards has now fully recovered and is enjoying being able to eat Monster Munch again.

What focussed staff we have!

Physiotherapy vs Surgery

A two year study by the University of Pittsburgh published recently in the Annals of Internal Medicine found that Physiotherapy can be just as effective in lower back pain as surgery can be.

As with all the studies when you look at the details the overall results become less convincing. Firstly the research was conducted by the Head of the Department of Physical Therapy who will obviously have a vested interest in this and secondly the study eventually only amounted to comparable results in 35 people out of a possible 169. The paper, and its results is still very informative and interesting though and highlights a key point.

Over a 5 year period 481 people qualified for the study, but only 169 consented as it meant opting out of surgery definitively for 2 years, a clear indicator here that people saw surgery as their only way of relieving the pain. This group was then split in two; 1 group receiving surgery and the other receiving physiotherapy twice a week. 82 patients received physiotherapy with 47 of them opting out and choosing surgery within the two year period. The findings in the remaining 35 people did conclude however, that both categories of people ended up showing the same recovery progression after two years. The key point for us here is that physiotherapy is a reasonable option. Many people, and we do see this in clinic from time-to-time, jump straight to a referral for X-rays and MRI scans hoping for a quick fix to their pain. Those of us with experience in this know that surgery is no quick fix and still does not avoid some physiotherapy work—with preparation strengthening and then rehabilitation afterwards.

With surgery only having a 15% success rate and also carrying the risks it does then surely if the study shows anything it is that Physiotherapy is worth trying before turning to surgery as a last resort.

We are pleased that there is finally a study to bolster our opinion that physiotherapy does work. Just ask our clients!

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Your Anatomy Team



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