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MON—FRI: 9AM-9PM
SAT: 9AM-6PM

June 2015

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Manchester and Chester

June 2015

Special Offers

JUNE OFFER

Buy 3 x 1 hour Massage treatments for £100

or Buy

5 x 1 hour Massage treatments for £150

Must be purchased by 30/06/2015.
All massages must be used by 31/8/2015.



More Than Words

We are holding a raffle at both branches to win a 1 hour massage with all proceeds going to the charity More than Words. Raffle tickets are £2 each.

The inspiration for this Charity was from a gorgeous little girl, Gracie Hughes. Gracie is 3 years old and has an undiagnosed genetic disorder that effects her development in a variety of ways. Gracie has bulbar palsy and this has effected her swallow as well as her speech. She is unable to communicate with words and becomes very frustrated on a daily basis.

This Charity's vision is to raise funds to assist disabled children and help where ever possible with their communication.

POSTURE

Bad posture is something that most people don't think about — until they experience negative health consequences, but numerous studies have shown that it can lead to long-term back pain, fatigue and even migraine headaches. At some level I think we all know that we could do better when it comes to our posture but just like any other long term, ingrained habit it can be extremely tough to make any headway.

Here is a simple action plan for improving your bad posture, with specific habits you can easily add to your day.

First – Fixing your posture is all about awareness.

The problem is that our lifestyles have stifled our awareness. When we're thinking about fixing our posture we're working against decades of behaviour, it's going to take some time to make progress. These are behaviours that go as far back as when you first started walking, crawling even. Lessons you learned from your parents, lessons they learned from their parents. Don't give up on yourself though. Celebrate each time that you realize that you're standing or sitting incorrectly, catch yourself and fix it.

Triggers or Prompts

It's been seen again and again that one of the best way to build a new habit is to tie to an existing habitual behaviour. Until you are able to turn the tides and make your new posture more normal than your previous one use this tactic:

Try to find little times during the day that you can tie your new awareness into. Tie your triggers into the things that you do most often, each and every day.

- Standing at the fridge to get a drink? Double check your feet and make sure they are correctly positioned. Take a couple deep breaths.
 - Sitting down for the first time at your desk? Check to see if you're leaning to far forward with your head and neck.
 - Ironing? Make sure your pelvis is in a neutral position and not tucked forward. Make sure that your weight is back onto your heels instead of falling forward and leaning on your toes. You should be able to wiggle your toes.
 - At a red light while driving? -Pull your shoulders back and square them up instead of keeping them rounded. Your ears should be directly in line with the center of your shoulders.
- Standing in line at the counter? Practice your squatting position while you're staring at your phone scrolling through Facebook (don't worry about the people who look at you funny).

It may take weeks, months or even years of doing this to get to a better default but after a while you won't even be able to remember how you used to stand and sit.

Your Environment

In addition to working on your little posture habits through triggers – one great way to break up a bad habit is to change your environment.

Mixing things up and altering even the most innocuous of tasks could be the turning point you need to rewire those behaviours.

If you have really bad posture while driving – try taking a different route to work, maybe even a slightly different one each day of the week.

If you sit poorly while working at your desk, try a different chair at least a portion of the time – one that is hard (like a dining room chair) will force you to sit correctly more often.

Or better yet, find ways to work while standing up. No need to go out and blow your budget on a fancy stand up desk right now. Move your laptop around and find a good place where it is at a proper height. Even just an hour or two a day will help a lot.

Regular massage can help relieve muscle tightness caused by poor posture and a good therapist will be able to give you exercises and advice to help.

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