

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

October 2015

► 0161 861 0848  
www.anatomymanchester.co.uk  
info@anatomymanchester.co.uk

► **CHESTER**  
MON—FRI 7AM-9PM

► 01244 403830  
www.anatomychester.co.uk  
info@anatomychester.co.uk



*Manchester and Chester*

October 2015

## OCTOBER OFFER

**Have a 30 minute massage  
for £20.00 all through  
October!**

**Offer must be paid and taken before the  
31/10/15**



## Client Questionnaire

We have some client questionnaires at the front of reception and would be very grateful for all your opinions if you can spare the time to fill them in and hand it in at reception.

Many Thanks

# Are you exercising enough?.....

Now don't worry—this isn't another guilt inducing article on going to the gym or competing in tough mudders. But how many of you get that guilty feeling when I ask if you are doing the exercises prescribed by your physio - Hands up?

Unfortunately, that includes me. Yes I'm the girl on the desk and on the phone that sometimes checks if you've been doing your exercises and I'm also the manager that gets a very regular telling off from my own staff.

You see, they tell me, exercises are very important. Core Stability will apparently turn my life around and stop me having to have emergency physio, massage and chiropractor appointments every 6 months. They will stop the regular moaning that my legs hurt, or the clunk in my pelvis whenever I bend the wrong way.

The problem is I just can't be bothered. I go to work and get home and make tea and walk the dog and do the washing and watch paint dry and do anything else I can think of other than get on the floor and do clam and bridge and standing rows whatever they are.

It seems that I am not on my own as this topic comes at the request of the rehabilitation guys here at Anatomy and their message is clear **DO YOUR EXERCISES!**

Not because they have a hidden agenda to make everyone in the world fit. Not because they have huge ego's and want to brag about their training but simply because it will work and it will help you.

Seriously, our client experience over the past six months has shown that around 60% of people prescribed exercises to strengthen, rehabilitate and cure an injury or chronic problem are not doing them. We know its hard, especially if you are not an active person (like me) but it is a very important part of rehab and definitely will help stop the problem recurring.

If you are struggling to do your exercises at home don't be afraid to tell us. We can incorporate them into your follow up appointments or book you into our weekly Pilates classes to help with motivation, or alter any exercises to make them more entertaining....we'll do anything we can to help fix you but we want you to know that without them you are reducing your chances of getting properly better.

So this month I have my Pilates kit in my bag and my trainers are in the staff cupboard and I will be joining in and doing what I'm told and hopefully in another six months time I won't be spending weeks in treatment just so I can walk in a straight line.

So how many of you are going to join me?.....

Sharon

## Anatomy Manchester

164 Manchester Road  
Chorlton  
Manchester  
M16 0DZ  
0161 861 0848  
info@anatomymanchester.co.uk

## Anatomy Chester

25 Egerton Street  
Chester  
CH1 3ND  
01244 403 830  
info@anatomychester.co.uk

## Your Anatomy Team



Jennie Lloyd  
Clinic Director



Zoe  
Sports Rehabilitator



Sean Devlin  
Clinic Director



Matt Robinson  
Sports Rehabilitator



Charlotte Harrison  
Sports Therapist



Hayley Wild  
Sports therapist