

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

February 2016

► 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

February 2016

February Pick & Mix

Choose 2 of the following for £60.00

Initial Consultation

“No Hands” Massage

Hot Stones Massage

Indian Head Massage

Reiki

Acupuncture

Must be purchased before 29/2/16.

Must be redeemed before 31/3/16.



SUNDAY OPENING

As a reminder we are now open on Sundays from 10am—4pm in Chorlton.

So our standard opening hours now look like this...

Chorlton

Monday 9am-9pm
Tuesday 9am-9pm
Wednesday 9am-9pm
Thursday 9am-9pm
Friday 9am-8pm
Saturday 9am-6pm
Sunday 10am-4pm

Chester

Chester remains without full time reception staff so is strictly by appointment only.
Chester is open until 9pm on weekdays.
Call 01244 403830 for appointments.

Foam rolling..... What is it? & Why should I do it?

Foam rolling is another form of stretching/self-massage. It can be a brilliant addition to a good warm up & stretching routine and can also aid recovery post workout.

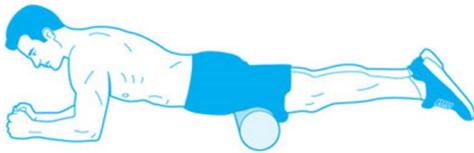
A lot of us take up new sports or hobbies as new year's resolutions and if the type of training/exercise you are doing is new to you, you'll be familiar with that next day muscle soreness!

Foam rolling is a great way to:

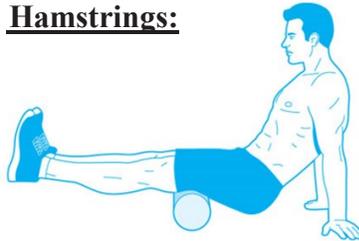
- Flush out toxins and eliminate lactic acid
- Stretch out tight muscles as a result of training
- Decrease recovery time which can reduce the risks of injury
- Increase flexibility and range of movement
- Increase circulation and blood flow

Foam rolling can be applied to most muscle groups and areas of the body, here are a few examples:

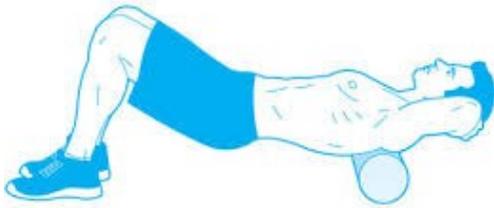
Quadriceps:



Hamstrings:



Back:



Pectorals:



Foam rolling can be uncomfortable and does take a bit of getting use to. Relate this to if you have had deep tissue or sports massage; it might not feel great at the time but feels like you're walking on air the next day!

As a bonus, whilst you are foam rolling to loosen off tight muscles you will also get a bit of a core work out from holding yourself in some of the positions...
WINNER!

Anatomy Manchester

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Your Anatomy Team



Jennie Lloyd
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Zoe
Sports Rehabilitator



Sean Devlin
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Matt Robinson
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Charlotte Harrison
Sports Therapist



Hayley Wild
Sports therapist