

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

June 2016

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► **CHESTER**
MON—FRI 7AM-9PM

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Manchester and Chester

June 2016

June Offer

Take 10%

off all massage this month

Or

**buy 5 x 1 hour Massages for
£150.00**

Offer expires 30/06/2016



We have 4 different categories of therapist at Anatomy: Holistic, Physiotherapist, Sports Rehabilitator and Sports Therapist. Our current Holistic therapist is Lindsay. The other categories all hold one of the following:

Physiotherapy Bsc—degree in Physiotherapy

Sports Therapy Bsc—3 year degree in musculo skeletal structures, injuries and exercise rehabilitation and progression.

Sports Rehabilitation Bsc—3 year degree in musculo skeletal structures, injuries and exercise rehabilitation and progression.

Treating the symptom not the cause

New research from The George Institute for Global Health and the University of Sydney has found that common painkillers prescribed as treatment for lower back pain, provide minimal benefit.

Opioids such as tramadol, oxycodone and morphine are drugs that act on the nervous system to reduce pain. Professor Maher who led the research said “For people who can tolerate the medicine, taking an opioid analgesic such as oxycodone will reduce pain, but the effect is likely to be small.”. In his study half of the participants withdrew because they couldn’t tolerate the side effects of the drug.

I’m sure you’ll all agree that no one would want to be on long term medication without benefit and we are all more body aware now and know that exercise is the key to a healthy body. This doesn’t mean we want you all to go and join a gym; simply moving more—choosing to take the stairs, or going for a walk after dinner will make a massive difference both to long term and short term back pain.

Another remedy that people don’t often think effective is massage. Although here at Anatomy we offer services such as Physiotherapy, Gait Analysis and sports injury Rehabilitation, a lot of our work consists of massage.

If muscles are tight or in spasm then massage can often relieve that in 1 or 2 sessions. When muscles are tight it can cause pressure on joints, therefore creating pain. Muscle tightness is directly related to muscle weakness; For example you may feel that you are very fit because you are a fantastic cyclist but then notice that going for a run causes leg pain.....that is because the muscles that you don’t use will be subjected to an increase in pressure when you do use them, and this in turn this will cause pain and tension. Massage stretches the tissues, therefore relieving the pressure and the pain. We get many clients booking in with suspected ligament damage when in fact they simply have a tight muscle which is putting pressure on the joint. Similarly clients often think that a “trapped nerve” is a condition within itself that needs specialized treatment, when it is simply a tight muscle impinging a nerve.

Effective massage doesn't always feel as relaxing as you may expect but it does work!

We can help you find ways that will treat the whole problem rather than just mask the pain, especially since the new research shows little benefit of taking opioids. And all of our therapists are trained in rehabilitation or physiotherapy so even if you do just come for a massage you can always get the right advice or a more appropriate treatment.

Anatomy Manchester

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Your Anatomy Team



Jennie Lloyd
Clinic Director



Zoe
Sports Rehabilitator



Sean Devlin
Clinic Director



Byron Dale
Physiotherapist



Charlotte Harrison
Sports Therapist



Hayley Wild
Sports therapist