

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

August 2016

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info@anatomymanchester.co.uk

► **CHESTER**
MON—FRI 7AM-9PM

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Manchester and Chester

August 2016

August Offer

10% off all Initial Consultations through
August.

Offer ends 31/8/2016



Chester Fitness

We have some exciting new plans for the Gym, personal training and fitness aspect of our Chester branch but before we spill we would like to hear your thoughts....!

Do you have any specific requests for fitness training?

Do you see training offered elsewhere that you wished we offered?

Do you have any other requests for the Gym/ Fitness space at Chester?

Any suggestions/comments will be gratefully received to:

sharon@anatomymanchester.co.uk

Google, our inner doctor!

Today, I looked at my Facebook feed for the first time in a long time. It appears that most of my friends are currently injured, so I thought, I would take a sneaky peak at all the advice their friends were giving them.

The first was a bad back, the advice ranged from lay down and do nothing, to take large amounts of paracetamol and ibuprofen. It was also suggested she make a compensation claim for getting her bad back whilst on holiday. Not once did anyone suggest seeing a professional or asking about symptoms. Perhaps this is why when we finally treat those bad backs, they have been causing suffering for much longer than anyone would like.

Another post referred to plantar fasciitis, again someone even gave a very detail list of exercises without fully understanding the symptoms or what was going on with the poor girl who has been suffering for the last 7 months. This started me thinking about what we use social media for and the advice we give or receive. We all want quick answers. We can google any ailment and pretty soon a headache can suddenly turn into brain tumour. How many of us have followed advice on google and then not got any better?

So many people post on google and offer bad advice on conditions they don't understand, which we are all guilty of following. Me included, especially for the children as I don't want to bother the doctor. We all think, that sounds similar, I'll try that! And sometimes we get lucky and it works but most other times it doesn't. We all need to be careful of the advice we read and receive on line, we must remember it as an unqualified person talking about things they don't know about. Even professionals quoting things online can be misleading as they don't know about your exact issue. No one can offer accurate advice without a full assessment, regardless of how many letters they have after their name.

If we see injuries as soon as they happen we can help people get better much quicker than if it is left for months and then we have issues such as old scar tissue to deal with. So please, next time you ask for help from your social media, remember there are people out there who can actually help you get better faster.

This month we have 10% off all Initial consultations should you have an injury that needs checking out.

Anatomy Manchester

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Your Anatomy Team



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Charlotte Harrison
Sports Therapist



Hayley Wild
Sports therapist