

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

October 2016

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► **CHESTER**
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Manchester and Chester

October 2016

October Offer

Quote the code “I’mgoingtrickortreating”

When booking an appointment to get 10% off!

Offer ends 31/10/2016



Specialisms—want a therapist who knows exactly what you mean?

Sean—ex footballer and martial artist. Our clinic director and staff mentor.

Avi—martial artist, specialism in karate, currently competing

Hayley—county netball player and knee specialist. Sees referrals from knee surgeons in the area

Zoe— skating specialist and rehabilitation acupuncturist.

Byron—NHS senior musculo skeletal Physiotherapist.

Orlaith— New grad with academic interest and qualification in Pilates

Kat— Experienced in Rugby but main interest in disability fitness and strength.

Charlotte W—Pelvic and Sacroiliac interest including Pregnancy

Gemma—academic interest and therapy experience in Gait and Imbalances.

Jen, Joe, Charlotte H—all runners at different levels (including Masters)

Lindsay—Holistic specialist. Her favourite treatment is Reflexology and she is an advanced “no hands” therapist

So we finally get ourselves back to the gym after our 2 week vacation and we leave feeling great. You know you have worked really hard and your already looking forward to the next session. However, 24 hours pass, you wake up the next day and cant move! That pain in your muscles and just trying to put on your shoes is an epic battle. It's a feeling we are all too familiar with and what we refer to as DOMS.

DOMS—Delayed Onset of Muscle Soreness is characterised by localised discomfort, reduced range of movement and reduced muscle function. The onset usually begins up to 24 hours post exercise and can last up to 7 days in more severe cases.

DOMS occurs most commonly after unfamiliar exercise, increase in current exercise intensity or eccentric (lengthening) exercise which cause micro trauma to the muscle fibres. After this the muscle reacts quickly to prevent muscle damage and this is what causes the soreness.

So what can we do to try prevent this? There are plenty of products and treatments that can be used to alleviate the symptoms, including compression garments, cryotherapy, massage and non-steroidal anti-inflammatory drugs. These can be useful at trying to limit the secondary metabolic damage, but they cannot significantly reduce the initial damage without us having to change the exercise done in the first place.

So some hot tips that we recommend.

- Avoid sudden increase in unfamiliar/high intense/eccentric exercise. The body needs time to adapt so bring it in gradually.
- Warming up is a **NECESSITY**. Increasing blood flow around the body will increase the delivery of nutrients to the muscles which will help them recover quicker.
- Incorporate dynamic stretches into the warm up to make sure the muscles are really warm , follow this with static stretches.
- The Foam roller will be your new best friend. When done before and after exercise, it has been proven to support muscle recovery.
- Cool down again is crucial. Performing gentle body-weight movements or cardiovascular exercise again will increase blood flow around your body and help with that nutrient delivery to the muscles you worked.
- **STRETCH** -Resistance/weight training shortens muscles because of the increased tension. By stretching you'll be lengthening them, relieve them of lactic acid and improve your mobility , decreasing your chances of severe DOMS.

Depending on how intense your training is, DOMS can be inevitable so taking these simple steps and building them into your training can dramatically help with your recovery and help alleviate the DOMS-like symptoms

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Your Anatomy Team



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Zoe
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Byron Dale
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Charlotte Harrison
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Hayley Wild
Sports therapist