

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

March 2017

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► **CHESTER**
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Manchester and Chester

March 2017

March Offer

Refer a friend* this month and both receive
10% off your next appointment

must be new client

Also

Gait Analysis with Jen or Sean for £30.00

The subject of our article this month

And

10% off for Marathon Runners



Oncology treatments

We are so happy to be able to offer treatments to patients dealing with cancer and its effects. Jen has recently trained in oncology acupuncture which can offer many benefits in helping with the effects of cancer and chemotherapy—there is more information on our website about this.

Our holistic therapist Lindsay has also studied, and has experience in oncology treatments such as reflexology or reiki.

If you are interested in these services then please phone Sharon for a chat and to book an appointment.

Trainers

We often get asked what trainers should I wear? And I will agree it is a mine-field. Do you buy lightweight ones, supported ones, cushioned ones or even just pink ones? Then do you need just one pair? Or one pair for the gym, one for racing, or ones for running through puddles?

It is confusing and if you believe the manufactures out there you should be buying new pairs every few months, which starts to make running more expensive than a gym membership. And then there is the orthotic argument? Do they really improve performance and reduce injury? And if we are really going to add to the confusion, what about bare foot running, and why do they sell shoes called barefoot running shoes, surely, bare foot running means exactly that? Well, let's start at the beginning. When we started running as children, we ran up and down the school playing field in shoes that fitted properly from Clarks or Startrite. Then we were given a pair of Dunlop Flash plimsolls so that we could run further and faster. Since those times, millions and millions of dollars (I say dollars as it was mainly Nike) have been invested in trainer technology and their goal really isn't to confuse us, it's to help us improve.

It is true, that wearing trainers that are not worn out will help avoid injuries. They need to still have absorption in the sole and the upper fabric still needs to support the foot and ankle. The general rule of thumb is replace every six months. However they will wear out faster in the winter than in the summer. To get a longer life out of your winter trainers, buy two pairs of the same shoe and wear them on alternate runs, it will give them extra time to dry out and prolong their life.

As for which type of trainer and which make? Well this really is personal preference. All our feet are different, and we all walk differently, so Adidas may work wonders for some people, whilst others will swear by Asics or Saucony. It really is a case of just trying them on. As for cushioned, supportive, or neutral, this will very much depend on how you walk or run. Some trainers will contain anti-roll bar technology; this is meant to stop excessive pronation. The best way to find out what you need is to have a gait analysis to see what your feet, and whole body do when you run to find out what shoe type you actually need.

The lightweight trainers are primarily used for racing as they don't contain enough support for day to day activities so will more likely cause an injury if worn in a period of heavy training if you are not used to them or the level of impact.

So how many pairs do you need? I'll leave this up to you, most of us have far too many, and we really need to through the old ones out! That makes room for new ones

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Your Anatomy Team



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