

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

May 2017

► 0161 861 0848
www.anatomymanchester.co.uk
info@anatomymanchester.co.uk

► **CHESTER**
MON—FRI 7AM-9PM

► 01244 403830
www.anatomychester.co.uk
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Manchester and Chester

May 2017

May Offer

10% off your treatment
if you fill out a client survey.

Posture Aware and Repair
Introductory price of
£150.00
(Usual price £175)



All offers expire 31/5/2017

Online Booking

From May 2017 you will be able to book appointments via our website. You can still phone as usual if you prefer to hear a voice, this is just another option for our clients.

Website address is www.anatomymanchester.co.uk

Posture aware and repair

We can now offer an exclusive new treatment. You do not need to be in pain or have an injury to book this—in fact it is geared towards prevention but we can incorporate treatment for those niggles too.

This is a 7 week course designed to spot, diagnose or prevent posture problems from turning into chronic problems. You pay one price on your first session and then attend weekly for 7 weeks.

The structure of this course was a collaboration between Sports Therapists, Sports Rehabilitators and APPI Pilates teachers and incorporates:

- Full Postural Assessment and Analysis
- Manual Therapy Treatment for pain
- Taping (where appropriate or necessary)
- Postural awareness and teaching
- Postural Exercises
- Strengthening,

The idea is not to put you under pressure or tell you if you haven't done your exercises, simply to educate you on your posture and give you the tools to correct it. The only qualification is that you attend weekly. The aim is to simply combat pain and problems associated with bad posture and to make you aware and able to feel and see the correct posture you should be holding. The exercises are designed to help prepare and strengthen inactive muscles to be engaged.

Every member of staff can offer this (except for the holistic therapist Lindsay) and you can switch between therapists or stick to the same therapist throughout the course.

To complete this type of treatment would normally cost £269.00 but packaged together we have reduced this to £175 with a special introductory price this month.

Call 0161 861 0848 for further information or to book.

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Your Anatomy Team



Jennie Lloyd
Clinic Director



Zoe
Sports Rehabilitator



Sean Devlin
Clinic Director



Paula Jimenez
Physiotherapist



Charlotte Harrison
Sports Therapist



Hayley Wild
Sports therapist