

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

July

2017

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info@anatomymanchester.co.uk

► **CHESTER**
MON—FRI 7AM-9PM

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Manchester and Chester

July 2017

July Offer

**We are almost at Summer Holiday time
and we all need to be fighting fit to
pack that tent, catch that flight and
(look after those children!)
So....**

**Take 10% off any appointment
when you quote “newsletter” on
booking**



Anatomy Expansion Help

We would be welcome to hear any suggestions for areas for new additional clinics.

We have been looking for a while, and although there are a lot of things to consider when expanding, our clients thoughts would be a big help.

If you have an opinion and can take just a minute then please do email

sharon@anatomymanchester.co.uk

Thank you

Acupuncture/Dry Needling

What can it be used for?

Acupuncture has been quoted to help a number of ailments and conditions,. Ranging from IBS and infertility through to anxiety and oncology symptoms. Following a consultation we could establish a treatment plan for you.

One thing we use Acupuncture for routinely is musculoskeletal injuries and conditions including tendonitis, arthritis, ligament sprains and muscle tension/trigger points. Acupuncture can be used in combination with other therapies, ie massage, mobilisation, often there and then to get the best results possible.

Tension headaches: These occur when muscles around the neck and shoulders are tight and therefore put more strain through the attachments at the base of the neck. Acupuncture can be used to help relax these muscles and therefore ease tension.

Arthritis: There are several types of arthritis, the most common being osteoarthritis (OA). OA causes joints to become stiff and sore. Acupuncture is used to encourage the blood flow to the joint which helps to flush out toxins and debris from the joint. It also helps bring fresh oxygen and nutrients to the area. This in turn can help ease pain and allow the patient to be more mobile.

Tendonitis: Tendonitis is typically caused by repetitive movements or activities. It causes the tendon to become inflamed, painful and sometimes swollen. Acupuncture can be used to help with muscle tightness around the tendon affect to reduce the pressure on the tendon. It can also be used to help boost the bodies natural healing response. When a needle enters the skin the body goes into protective mode sending white blood cells and fresh oxygen to the area encouraging healing to begin/continue.

Muscle Strains: After a muscle strain the body produces scar tissue in order to heal the tear. Scar tissue is dense and inflexible which means the muscle can't move as it should, which can restrict function and range of movement. Acupuncture can be used to help break down scar tissue allowing the muscle to become more elasticated and flexible.

We have four members of staff trained in Acupuncture—ring to book.

Anatomy Manchester

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Anatomy Chester

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Your Anatomy Team



Jennie Lloyd
Clinic Director



Zoe
Sports Rehabilitator



Sean Devlin
Clinic Director



Paula Jimenez
Physiotherapist



Rachel McMorran
Sports Rehabilitator



Hayley Wild
Sports therapist