

New clinic now open! Come and get those aches and pains sorted before they stop you running! It is much easier and quicker to treat an injury in the early days than wait until its really set in.

Come and test your core stability and engage those abdominals, it will improve your running-**FACT**.

PILATES OFFER

Special offer 5 for the price of 4 sessions, £140. Having 1:1 sessions does not allow for any cheating!

MILLS NEWS

KINESIO tape is coming to Mills Physiotherapy by November. Its what all the sports stars wear!



It seems that kinesio tape can used treat any running related injury. It is designed to mimic skin and integrates with the body's sensory system naturally to enhance performance and aid recovery. Unlike regular athletic taping it allows freedom of motion without restricting muscles or blood flow. By allowing the muscles a larger degree of movement, the body is able to heal itself more quickly and fully before. The tape is water resistant, breathable and may be worn for up to five days. I hope to be able to use it some Toddlies.

My running career is still halted I'm afraid, have a problem with my sacro-iliac joint which is compounded by running. I am working hard at firing my gluts and stretching, hope to jog again soon.....but I can't miss out on scary bats!!

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