

MILLS PHYSIOTHERAPY

Hi my name is Ali Mills and I moved from London 5 weeks ago to live in Hebden Bridge with my partner Emma Osenton (the mad running/swimming/cycling/decorator) and her 2 cats Joss (after the legend himself of course) and Merckx

Pretty early on in my relationship with Emma she showed me a YouTube clip of fell running, my response was "why the *** would you want to do that? Thats just stupid!

You'd only do that if you wanted sprain an ankle or twist a knee" So of course I joined Tod Harriers and have started this mad silly sport (even done 2 races) which is a massive thing for me as I have never been a runner. As a physiotherapist I should know better but it is intriguing me, could i go faster? could i go further? According to any Tod Harrier I ask the answers are yes and yes and of course you can! Time will tell..

So as mentioned I am a Physiotherapist and **Mills Physiotherapy** has come to Hebden Bridge. This is a little promotion to the Tod Harriers as I'm sure a few of you may need my services and if not now then sometime in the future!

I studied and then worked in London for 13 years and have gained lots of experience in treating a vast range of conditions, including sports injuries, back and neck pain, postural dysfunctions, joint pain, sprains and strains etc

I have trained as a Pilates instructor and specifically use pilates as part of rehabilitation. At the moment I am only doing this on a 1:1 basis. Increasing core stability is a special area of interest of mine. Pilates can be used as a form of treatment but also for prevention of injury, improving performance and increasing general well being.

As part of the clinic I will be having a Reformer with Tower which is a piece of pilates equipment. It is spring loaded for assistance and resistance and can provide a whole body challenging workout!

Treatment I can offer includes manual joint therapy (using my hands), soft tissue therapy including myofascial release, ultrasound, acupuncture for pain and muscle spasm (very



effective), exercise and rehabilitation post injury and surgery, biomechanical assessments, posture analysis/correction, injury prevention advice and more!

Special £10 Shelf Moor Offer

I don't think that I will be adding to the points for Tod Harriers from his race but some of you hopefully will. Anyone entering the race can have a bargain £10 check up/treatment prior to the race, make sure you're in top condition, just call to make an appointment, early and late appointments available for your convenience.

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Normal prices are £35 for 30-45 mins but £30 for Tod Harriers.

So, I look forward to meeting those of you I haven't yet, any tips about fell running gratefully recieved!

Ali