

## 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