



Worsley Physiotherapy and Sports Injuries Clinic
1st Floor Ackerley House, Forrester Street, Roe Green, Worsley, M28 2JL
Tel: 0161 702 9474 Email: info@athletematters.com

ATHLETE MATTERS are delighted to announce our new exciting partnership with Sale Harriers Manchester offering a **15%** DISCOUNT to ALL members.

45 minute Physiotherapy and Soft Tissue Massage Appointments Junior Discount for Under 16s £27.00

Many of our therapists are active runners and have personal experience of injuries associated with running. This knowledge enables them to offer a unique understanding of the physical and non physical stresses that runner's experience during these times.

Other facilities we offer at Athlete Matters:

- **CORE STABILITY CLASS SPECIFIC TO ATHLETES:**
Wednesdays at 7-8pm led by Andy Walling, Duncan Mason and Alex O'Gorman
- **PILATES REFORMER**
Used by an increasing number of elite athletes for rehabilitation and core strength it is seen as an essential tool for many top athletes. Normally accessed by only the World's best athletes, Athlete Matters now offers introductory sessions where following a 45 minute induction on the reformer you can then come in and train on it (please call up to check availability before attending). Sessions will then be £5.00 for 30 minute sessions.
- **ON SITE GYM** – used by the physiotherapists and patients during treatment sessions. Full strength and conditioning and cross training facilities

www.athletematters.com