



MANOR HOUSE

PRACTICE

April Newsletter 2018

The London Marathon is on Sunday 22nd April and I started training back in October 2017 doing 3 sessions per week. 31 sessions into the training program and I suffered shin splints- the cause being a hard run 5km race which included a steep hill and also a big jump in distance of my long runs. Luckily being an osteopath working alongside some fantastic colleagues in Louise Cartwright and Cath Hutchinson I got the right treatment, did the right stretches and bought myself some compression sleeves. I also talked through my training program with another colleague and decided that I would do better with a "mixed" routine including gym, cycle and swim sessions as well as the long runs. I still can't believe that I will be able to run 26.2 miles but I'm more confident than ever. The other thing that will be driving me forward is the support all my friends, family, colleagues and patients have shown me. We have so far raised £2700 for Alzheimer's Research UK and I hope this figure will grow a little more before I cross the finish line in the Mall. This charity is at the forefront of everything positive in the battle to change so many people's futures. Every time I open a paper there are new developments- deep brain stimulation, food benefits, exercise benefits, drug developments- there is now a real hope for a realistic treatment and also preventative advice to stop dementia and Alzheimer's in its track. Please support me if you haven't already using the link below to my virginmoneygiving page.
Kathryn



<https://uk.virginmoneygiving.com/KathrynMacdonald1>

Introducing Beckie Smith - Personal Trainer

If you have had an injury and are getting back to fitness it is important that you re-train your muscles as they are healing. As a Personal Trainer I can assess your posture, functional mobility and offer exercises to improve your range of motion and strength. I have a range of exercise tools that can be used to improve strength and mobility such as resistance bands and kettle bells. They can be used in a variety of strength exercises and mobility strengthening. One hour personal training (tailor made to your needs) for £40 or you can combine personal training with a massage for an hour and a half for £57.



Has Kathryn inspired you? Why not try a Twin Peak Challenge in aid of elephant conservation?! For more information or to sign up, contact Fran Mahoney at hello@wildsurvivors.org - www.wildsurvivors.org

Special Spring Offer - 10% off osteopathy appointments

We're pleased to offer our customers a 10% discount on your next osteopathy appointment. This discount is valid up until 31st May 2018, one booking per patient. To claim your 10% discount simply quote reference 'Spring 18' when you make your booking and then either print out or bring a copy of this email on your phone to show us when you attend the appointment. Offer excludes virtual osteopathy.

Wishing you all a healthy, happy Spring

Best Wishes Kathryn Macdonald MD
