



Feel Great!

PREMIERPHYSIO NEWSLETTER | JANUARY 2026



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**Visit our website for all of
our services
www.premierphysio.com**

Please feel free to contact us if you have any questions regarding ongoing aches and pains, or if you'd like to discuss which holistic therapy would benefit you the most. We really can help you here at PremierPhysio, just get in touch!



Welcome to the first edition of our 2026 newsletter



We are looking forward to welcoming our clients back after the festive period and hearing about the wonderful times that have been had. The new year can often feel a bit 'flat' after all the excitement of Christmas, but see it as a positive time, to take a step back and wind down after such a busy time. Check out our front page giving advice of how you can pause, reflect and reset.

Please look out for our monthly newsletter, as we are excited to bring you news of success stories from both staff and clients, and upcoming new services PremierPhysio have to offer over the coming months.

Take care,
Vicki



Exercise of the Month Lumbar rotation

Lie on a bed or floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.



- Improves spinal mobility: Twisting helps maintain and increase flexibility in the vertebrae, which can reduce back stiffness.

- Supports better posture: By keeping the spine mobile and balanced, twists help counteract the effects of prolonged sitting.

- Releases back tension: Gentle twisting can relax tight muscles in the lower and upper back.

Meet the Team

Tia Carey

Domestic Assistant

Tia, 19, who is our one and only domestic goddess here at PremierPhysio, recently completed an intensive 12-week course with The King's Trust. Tia decided to enrol on the programme after she had finished college and was at a crossroads in her life.

The King's Trust (formally known as The Prince's Trust) works in partnership with Cheshire Fire and Rescue Service, and offers a free 12-week programme to young people between the ages of 16 and 25 years old, who are not in education, employment or training. The programme's aim is to improve self-confidence, gain recognised qualifications and help guide the participants into the next chapter of their lives.

During the course, Tia spent the first week at Runcorn fire station with her team, getting to know each other, completing team building exercises and touring the Fire Station. The following weeks included a residential trip to Pettypool, which involved activities like rock climbing, canoeing, and hiking. The group also spent time on community projects, while learning all about interview skills, stress management, and dementia awareness. They also gained a First Aid qualification, amongst many others!

Tia finally graduated on 11 December, and gave a speech at the Cheshire Fire and Rescue Service Headquarters in Winsford. The event was also attended by The High Sheriff, The Mayor of Halton, and The Chair of Cheshire Fire Authority.

Ashley Woods, Team Leader and Amelia Riley, Assistant Team Leader of Halton Team 90 were both motivating and supportive of the group, and in particular, played a huge part in helping Tia enjoy the time spent on the programme.

Ashley said "I love working with young people in our community to support them in their development. Providing them with opportunities to build their skills and gain experience is extremely rewarding. We have learners on our programmes with low self esteem and social anxiety, one of the main changes that we see throughout the programme is increased confidence and communication skills. We hope the young people that we work with progress with the tools and resilience to approach the working world or further education independently."

Tia said "I was hesitant about enrolling on the programme initially, but Ash put my mind at rest and encouraged me to give it a go. I'm so glad I did now, it's been one of the best experiences of my life."

If you would like to know more about The King's Trust Programme please email ashley.woods@cheshirefire.gov.uk



Tia Carey



Ashley Woods
Team Leader



Feel Refreshed and Rejuvenated after the Christmas Chaos

Book a relaxing massage with one of our lovely therapists here at PremierPhysio. They will tailor essential oil blends to suit your personal needs and ease those tense muscles, reducing stress and anxiety which promotes a better night's sleep.

We offer Deep Tissue, Swedish massage, Hot Stones, Reflexology, and many more treatments, check out our website for more details.

"Excellent care and advice.

**This was my first stress buster massage. Absolutely brilliant. Exactly what I needed.
Booked another one straight away. Looking forward to it."**

"Excellent massage. Totally revitalised....

Claire did a brilliant massage.

I would definitely recommend. So much so we've both booked again."

If you have received a PremierPhysio gift voucher, please note it can be used on ANY of the services we offer.

Remember we are open until 8pm weekdays and 9-4pm Saturdays.



What's Happening in Your World?

Do you have any news that you would like to share with our readers? Is there a group/club you attend who are looking for new members? Are you a local business who would like a mention? Perhaps you'd like to raise awareness of a particular charity. Do you want to share your story of how physio has helped you?

If so, get in touch by emailing enquiries@premierphysio.com, with a brief description of what you would like us to include and we'll get back to you.



Written by Sharon Carey