

Feel Great!

PREMIERPHYSIO NEWSLETTER | JUNE 2026

It's A Man's World!



What's inside



Men's Health Week this year runs from 15th-21st June.

This awareness week first originated in 1994 and its aim is to encourage men to take care of their body and mind.

Men have in the past been notorious for avoiding medical appointments and toughening out illnesses and mental health issues. However, due to studies in the last three years, it is reported that a whopping 95% of men consider their mental health to be just as important as their physical health. In fact a survey taken by an American clinic showed that 81% of men noticed a decline in their mental and physical health if they did not exercise.

So here at PremierPhysio we want to keep all of our clients as mobile as possible, to help maintain a healthy and active lifestyle.

Here are some of the most common conditions we treat, that can occur from the workplace, injuries from sports/hobbies, or just getting out of bed in the morning!;-

- Rotator Cuff Tears (shoulder)
- ACL Tears (knee)
- Lower back pain
- Hamstring Injury

If you, or anybody you know suffers with any of these issues, please contact the clinic, or book an appointment online. If you are unsure if physio is the right treatment for you, then ask to speak to one of our therapists who can advise you further.

Meet The Team

Exercise of the Month

Turn Pain into Power!

Man's Talk!

Sharing Stories, Sharing Smiles

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



Meet The Team

Elaine Ellison

Massage & Holistic Therapist – MFHT

I initially trained as a beauty therapist at Canterbury college in Kent, which is where I was living at the time. This was a great time for me, as I learnt a lot, especially as I could see by giving treatments, I made people feel good. It also made me feel good too, so win win. I realised after some time that I wanted to learn more skills, so I could help more people.

I decided to embark on another journey, a Holistic journey. After qualifying, life took me on a path to Helsinki, Finland. It was cold, very white, but very beautiful. Although the language was a barrier, the power of touch and healing was not. This language of touch was readily understood and when coupled up with the holistic treatments they were received with open arms. This was a beautiful time giving therapies. It was so valuable, as I could see how important and how beneficial these therapies were having, and that the power of touch is so very important for all of us. I returned to the UK and explored and worked in many environments, where I was able to demonstrate my skills and experience, including in private homes, salons, sport centres, women / children centres, and pamper parties for corporate and community led projects.

I am passionate about promoting wellness and emotional wellbeing and know how important it is to tailor each treatment plan. I am so looking forward to my next journey with PremierPhysio and meeting new people.



Exercise of the Month – Press Up

Press-ups are great bodyweight exercise for men, **targeting the chest, shoulders, triceps, and core**. Master the classic form by maintaining a rigid plank—squeezing your glutes and quads—before lowering your chest to the floor.

The Perfect Press-Up Form

1. **Starting Position:** Place your hands slightly wider than shoulder-width, with your body forming a straight, rigid line from your head to your heels.
2. **The Descent:** Lower your body under control until your elbows are at a 90-degree angle. Keep your core engaged and your elbows tucked slightly inward rather than flared straight out.
3. **The Drive:** Push through your palms to return to the starting position quickly but with control.



TURN PAIN INTO **POWER**

Is there a man in your life who complains about aches and pains but never actually does anything about it? Maybe your dad, brother, or other half takes part in a sport but has an issue with their hamstring or calf that's stopping them from enjoying it to the full. Does a colleague or neighbour often complain of a bad back? Maybe an old injury from years ago is dragging them down and they think it's something they 'just have to get on with.' This is not always the case, as we can help with old injuries too.

You can purchase a gift voucher from our reception, that can be used on any of our services including deep tissue massage, sports massage and much more! Maybe all he needs is a nudge in the right direction!



Remember, we have late night and weekend appointments too... so no excuse!

MAN TALK! ♂

If you, or somebody you know, are currently struggling with mental health, then perhaps ANDYSMANCLUB can help. They currently run a talking group Mondays 7-9pm in Runcorn. Please contact them for more information, or see their FaceBook page.

**GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?**

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

**FIND OUT
MORE** info@andysmanclub.co.uk
www.andysmanclub.co.uk

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#ITSOKAYTALK





Shared Stories and Shared Smiles



Runcorn Library in the Shopping City are currently running a Dementia-Friendly reading group every other Tuesday.

Participants do not need to pay, or book...just turn up! This event is very beneficial to Dementia sufferers and their carers, allowing time spent with like-minded people.



BOOK NOW



Still considering booking a Massage?
Read our reviews

What are you waiting for? Just Book it!



"Amazing service by Elaine. Very chatty and although I haven't seen Elaine before she referenced my previous appointments about the op I had on my foot and was very gentle on that foot but still got the job done. Highly recommend Elaine and will be booking again With Elaine x"

"After spending an hour with Elaine my body feels totally transformed! Before she started we talked through where I would like her to focus her massage and how much pressure I would like.... all through the massage Elaine checked I was OK...I felt very comfortable, relaxed and in very capable hands...Thank you Elaine..."

"After having a previous bad sports massage experience at a different place, Lisa put my mind at ease and changed the experience entirely. Personable, supportive, and tailored the session/resulting treatment plan to my needs. Highly recommend"

"Excellent sports massage given by Cindy. I feel much better now!"

"Fantastic sports massage from a super skilled practitioner- thank you"



Dad Jokes!



"Did you hear about the guy who drank invisible ink? He's at the hospital waiting to be seen!"

*"Why did the man get sacked from the Calendar factory?
He took a day off!"*

*"Have you heard of quiet tennis?
It's like regular tennis but without the racquet!"*

Written by Sharon Carey