

COLIN'S STORY



BY COLIN STANANAUGHT

In 2020, at the age of 76, I needed a total hip replacement. Pre surgery Mike worked with me to strengthen the hip and leg muscles and post surgery showed me how to work with the muscles and tendons in my knees, legs, and hips to achieve full flexibility and alignment.

As well as being an extremely easy person to work with, Mike has extensive knowledge and experience of anatomy, physiology and physical training. He also has the ability to design varied workout programmes and offers helpful and detailed advice as you train to ensure that you get the best possible results. He explains the exercises clearly and quickly corrects any deviation. A few weeks after my hip replacement I was back to full and unaided mobility. Since that time a programme of steadily advancing exercises has achieved easy total mobility. I am extremely grateful to Mike for his efforts and for his advice.