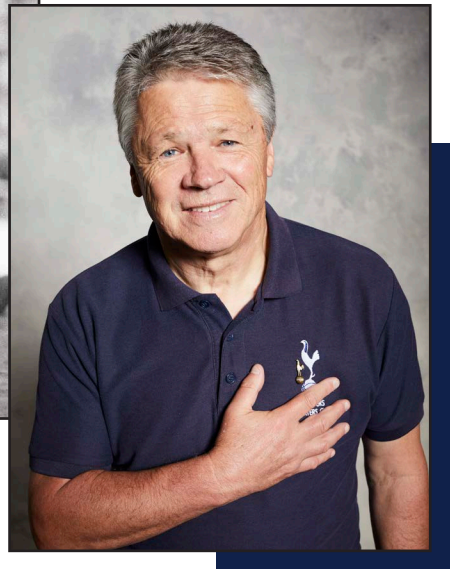




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STEVE PERRYMAN - *Still marching on!*

A course of MBST® therapy is enabling Steve a full and active retirement



'I retired from play at 38, my body felt 58 but my brain was telling me I'm still only 28'

Tottenham's longest serving player, Steve Perryman holds the record for appearances in the English Football League, FA Cup League and Europe. From player to Director of Football, Steve is a true sports professional. After a 50-year career, he hung up his boots in 2018 and has settled into the next phase of active life in a quiet village close to Bath.

Lucky to avoid any major injuries during his twenty-year playing career, he realised that the stress and strain your body endures as

a professional athlete may not be evident until later in life. While he only needed medical intervention once on his knee right at the end of the playing career, he was later told he needed a hip replacement.

While Director of Football at Exeter City, Steve was told by his consultant that his football fatigued hips needed attention. One too many slide tackles by all accounts! After being booked in for an immediate hip replacement, he was warned that this other hip would need

attention in the not-too-distant future. This was in 2018. In August 2021, the constant nagging pain in his second hip led Steve to contact Paul and Adey, co-founders of At The Core, whom he had worked together with at Exeter City. He booked in for a course of physiotherapy and was referred for MBST® therapy and has had incredibly positive results. He is yet to have any further surgery and has recently returned from a walking holiday with his wife Kim.

'For about a month, I didn't notice any difference at all, but since then, my hip improvement is amazing. No ache, no pain. So, I just hope that this continues. As far as I am concerned, this has been a success.'

His wife, a keen gardener, who had begun to feel the aches and pains of osteoarthritis in her hands and knees, was also clinically referred for a course of MBST® treatment:

'The pain was hugely reduced and I had much better mobility. 5 months post treatment and I am absolutely thrilled that I no longer need to take painkillers - it is bliss!'

SO HOW DOES IT WORK?

MBST® therapy uses MRI technology to stimulate cell repair and speed tissue healing. It also reduces inflammation, reduces pain and is ideal for helping patients with conditions such as osteoarthritis get back to exercise.



WHY DOES IT MATTER?

If like Steve, your body is telling you one thing but your mind another, you may not be ready to give up an active lifestyle. Especially if sport and movement has always been part of your life. The health and wellbeing benefits of exercise are enormous - exercise boosts self-esteem, mood, sleep quality and energy, and reduces the risk of stress, dementia, Type II diabetes, Alzheimer's disease and some cancers.

Often pain is a blocker to exercise, and we have a number of treatments to help patients get back

on track, whether this is post-injury, post-surgery or if the pain due to a health condition such as osteoarthritis is preventing them. We count professional footballer Ed Upson, Ex England rugby player David Flatman, football pundit Franny Benali and retired football professional Christian Ribiero amongst our patients. None of whom are ready to sit back in their armchairs just yet.

WHAT NEXT?

Join us at our next open event where former professional boxer and longest reigning cruiserweight champion of all time, Johnny Nelson will explain how he keeps motivated and keeps moving. He will be joined by local consultant orthopaedic and spinal surgeon Otto Von Arx, and our own team of movement and nutrition professionals.

Or simply give us a call to book an assessment with one of our chartered physiotherapists, all advocates of sport, exercise and movement, who can help you keep moving well for longer.

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Don't let your body let you down. Learn how to lead a long and active life long after play has ended.

Meet Johnny Nelson at our Men's Health Event

17th November, 7pm At The Core, Walcot Street, Bath

Reserve your place on Eventbrite here
(Hover your phone camera over the QR code)

international
MEN'S DAY UK
19 November

