

offering a Solution

PT Dan Fivey runs **The Personal Training Studio** in Cheltenham replete with 14 other PT's, two physios and two neuro physios.

More and more people are becoming injured in the course of everyday life and through playing sport, but only a few are able to receive specialist rehabilitation. Personal trainer Dan Fivey runs The Personal Training Studio in Cheltenham, where as he says, "People can train with no mirrors and not loud music and with great personal trainers". Dan tells ultra-FIT readers how his studio helps injured clients find their way back to full fitness through dedicated rehabilitation and injury rehab programmes.

Most people who sustain injuries use the NHS for their rehab as not everyone can afford private physiotherapy. In addition, there are only a few local fitness centres that offer a full range of rehab services, whilst the big chains offer lots of fitness classes but very little in the way of rehab solutions. These centres are set up for exercise for the masses and only sometimes can injured clients get trained by an instructor who is GP-referral trained or has experience in injury rehab. The only other specialist and expert advice the public may be able to obtain is from personal trainers. And some, like Dan have their own studios where they can deliver a very high-end and unique rehab service.

Top notch rehab

"Our programmes are designed to return people to the necessary fitness levels in an environment catering to their specific needs," explains Dan adding, "Our workouts are very functional. We have all the equipment here in our purpose-built physiotherapy gym, including state-of-the-art equipment such as an Alter-G anti gravity treadmill, VibroGyms, a Balancemaster, a Trixter X-Dream and a WATTbike. We also have simple equipment such as core stability units, therabands, ropes, SAQ ladders and steps, to help get injured clients right to the end of their rehab, which is very rewarding."

Accurate health measurements

The WATT bike offers Dan's PT's a very accurate measurement of heart-rate, cadence, leg balance and power. All of this and more is shown in real time and can be evaluated by the client or personal trainer just after the session. As well as the realistic cycling feel,



the bikes read how much power each leg generates and how efficient the user is as a cyclist. It is very easy to identify and correct any imbalances, such as injuries and Dan sees the WATT bike as an ideal exercise tool for rehabilitation.

Post operation and injury

"For all post-operative and post-injury patients, we use the AlterG un-weighting treadmills," explains Dan. "This machine provides the opportunity to include functional rehabilitation earlier than ever before and the Alter-G has become an integral component of rehabilitation for patients in the clinic with weight-bearing restrictions, chondral injuries, and for the training of elite athletes with overuse injuries. We have clients who travel as much as two

hours to use the Alter-G." Dan's studio is in such demand that top sports teams use the facilities and expertise - Bristol Rugby, Cheltenham Town and Oxford United players along with high standard runners all go to Cheltenham. "We have also had many rehab clients (knee, hip, ankle), overweight and stroke rehab members of the public that the local physio's and the NHS refer to me," adds Dan.

Joint mobility, co-ordination and balance

"We also use the Balancemaster in the rehabilitation of a broad range of lower-limb conditions," says Dan. "This has been most helpful when treating ankle and foot conditions (such injuries are frequent in football) where reduced mobility and poor joint position awareness need to be addressed". He notes that these exercises are simple to teach and perform, clients are quick to reach exercise proficiency and the inherent exercise risks are low. This balancing equipment produces a functional movement, which can be either partial or fully weight bearing. Personal trainers at the studio have found this equipment very useful in treating injuries, as they perform three jobs at once - passive mobilisation, active mobilisation and re-education of movement.

Joint stabilisation and trauma prevention

"The VibroGym vibration exercise machines in our studio help strengthen, stretch and relax muscles in a short amount of time compared to conventional training," explains Dan. Research shows using this equipment expedites recovery of muscle performance after Anterior Cruciate Ligament (ACL) rupture. Combined with conventional physiotherapy, exercises on the vibration machine lead to improved muscular power, enhanced proprioceptive abilities and stabilisation of the muscles. As a result, this special kind of therapy can be used for

stabilising joints and preventing additional trauma." The particular vibration therapy we use is significant for anyone wanting to recover as quickly as possible from ACL surgery in order to get back to normal daily activities, such as work and sports," adds Dan. "Subjects also expressed liking of WBV (Whole Body Vibration) and their rehabilitation adherence levels are higher than normal." The VibroGym helps to decrease DOM's which increases clients visits too.

A listening ear

"We can see a lot of horrible, nasty injuries, broken legs, sprained ankles, fractured shins, broken necks. But also very simple ones like broken toes and plantar fasciitis. Musculoskeletal injuries make up the majority of complaints, with knee injuries the most common, followed by back pain. Other conditions include cardiac, neurological and general physical unfitness. To have an injury that prevents clients from being active for months can be quite depressing and isolating. Clients cry on my shoulder sometimes. A lot of the time they off-load on walks or runs on the treadmill. I believe it helps that I can have time with the patient and provide a listening ear."

After care

Dan's studio offers patients very advanced exercise physiotherapy and after care. He can provide them with a range of health and lifestyle emails, including nutrition and homework exercise, to make sure they understand why they are doing what they are doing. As Dan explains, "It would be pointless if they go away and don't continue doing the right exercises. For some people it is quicker to come to us than to access physiotherapy through the NHS. Patients, or clients, love their job and sport and they want to get back to work as soon as they can. A lot of them are very motivated to make progress. It's an absolute dream as far as rehabilitating people goes because having a motivated client means they absorb what you are telling them."

Advice

Dan says, "We aim to maintain as much fitness, proprioception and strength as possible without overloading our clients, with fun and focused sessions. We offer a service featuring the latest equipment that



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encourages them to refer friends and family members to our facility. My advice to other trainers and centres is to invest in equipment and courses for their trainers so they can offer a real solution, but to always keep that personal and listening touch." **UF**

www.danfivypersonaltraining.co.uk & www.personaltrainingcheltenham.co.uk

About Dan Fivey

Fivey has trained celebrities, athletes and elderly and disabled people. He has worked in the USA, Australia, New Zealand and the UK helping people build strength, posture and stability, enabling people to overcome the physical demands of everyday life. Services available at The Personal Training Studio in Cheltenham include injury rehab, personal training programmes and sessions, boxing lessons, core and pre/post natal exercises, kids' activities, running, TRX and SAQ sessions, vibration massage and circuit training. Fitball and circuit training classes are also run and there's their very own running club.

Note: Dan is about to expand his facilities, tripling his size and exercise solutions and investing in another Alter-G Anti Gravity Treadmill.

The AlterG Treadmill by Client Helen

(Was 26 stone now 18 stone)

As a teenager all I wanted to do was join in with my friends when they ran around, but being teased about my size and inability to keep up made me more and more self-conscious and I eventually gave up even trying.



When I started training sessions last August with Dan my eyes were immediately drawn to the very modern looking treadmill. Although I was told that I would be able to use it I just laughed and said that I would be worried about breaking it! However, when it was explained to me how different the Alter-G was from other treadmills I couldn't wait to give it a try.

Wriggling into the shorts for the first time was a surprise because I found that I could actually get them on, which was something I'd never been able to do with proper sportswear before! I didn't know what to expect when I was zipped into to the treadmill and had to concentrate hard on keeping my heels down even though I felt I was being lifted up.

I found it hard to envisage being able to move at 40% of my body weight but when I started walking at a fairly quick pace it felt different as there was no pressure on my knee joints. Once I had got into my stride I felt confident enough to go quicker and adjusted the speed to 8.5kph and was able to maintain that speed for 20 minutes. However, the most surprising thing for me was that I was able to hold a conversation throughout the session.

My legs were a little wobbly when I came off the Alter-G but I had a big smile on my face and felt such a sense of achievement. All I could say, when I completed my first 5km in under 30 minutes, was "Wow I did it" and I have since worked my way up to maintaining a steady pace for an hour. I never thought that I'd ever be able to jog but to find a treadmill that enables me to 'run' has been fantastic for me.

Helen now runs at 60% of her body weight and at 10kph for 60mins. Brilliant progress that could never have been achieved on a normal treadmill.