

# Bunion Master Class

October 10th, 2020 | 9:30-11am

Posture | Pain | Performance



PostureFit Master Class series of events are ideal for people suffering conditions related to muscles and joints, who want to address the root cause of their problem. The classes also suit people who are interested in their own person physical health, posture and gait cycle.

The class involves movement and based on, and utilises the work of **Gary Ward's Anatomy in Motion "Flow Motion Model"** discussed in his book What The Foot <http://www.whatthefoot.co.uk/>

You may have seen Gary's work presented on the BBCs **Dr In The House** program when he worked with a client who suffered 25 years of back pain. Here is a short clip of that episode. [CLICK](#)

## Bunion Master Class

### Who this event will benefit?

- The class will benefit and be of interest to anyone suffering a bunion which has mobility and movement at the **first metatarsal joint**.
- Their bunion is swollen or deviated from centre
- Their bunion causes discomfort, embarrassment, frustration due to controlling footwear choice



### Who might not benefit?

- The class may not benefit anyone who has a **RIGID or SEMI rigid 1st metatarsal joint**.
- The class may not benefit people whose bunion is further to the right on the scale.
- The class may not benefit or be suitable for anyone who can not stand steady without assistance for 30 minutes or more

### What is included in the Master Class?

- The Master Class is 1.5 hours long and will be delivered via **Zoom**
- Instructions for joining the **Zoom** video call will be issued prior to the event to all paid up attendees
- Each attendee will receive a **Bunion Kit** which is included in the price
  - A **Bunion Kit** includes a set of WonkyWedges, a toe TheraBand, a bunion splint



[www.posturefit.co.uk](http://www.posturefit.co.uk) | [hello@posturefit.co.uk](mailto:hello@posturefit.co.uk) | 07947614380

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- The class will cover
  - Common theories about bunion development
  - Alternative theories on bunion development
  - Full body muscle and joint screening to identify root causes contributing to your condition
  - Practical exercises and treatment using your Bunion Kit
- Spaces will be limited

## How much does it cost?

The charge of your health investment.

- The enrolment fee is just **£23 including Bunion Kit.**
- Bunion Kit will be posted to the address you use at enrolment.
- Enrolment and payment must be received 1 week before the Master Class to allow time for your Bunion Kit to be posted to you.

## How do I sign up and pay?

- Complete the online enrolment form [CLICK](#)
- Payment is by bank transfer to:
  - Posturefit Ltd
  - Santander bank
  - Sort code 09-01-29
  - Account 17964625
  - Reference is "Bunion"
  - Please advise PostureFit by email when you have made your payment
- Alternatively, you can request an electronic invoice to be sent to your email. This request can be made during enrolment but does attract a handling charge of £1.50.



We really look forward to you joining us on **Bunion Master Class.**

Darren

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