



THERAPIST Mustafe Gashi (left) puts regular Steve Lanigan through his paces on the Lumbar Extension Machine at the relaunched of revolutionary health studio Kieser Training, in Hampstead Road, Euston, on Saturday. The centre, which is celebrating its 10th anniversary, uses techniques developed in Switzerland 40 years ago to provide specialist medical strengthening for

Studio relaunch

people suffering from long and short term back, neck and knee pain.

Mr Lanigan, from Hampstead, said: "I've been going eight years and its done wonders to my back in particular. I had a neck injury but it corrected itself quite quickly - each session lasts half an hour so it's a time-efficient alternative to the gym."

Picture: Tony Gay