

# THE EX FILES INTERVIEW

## EX-FILE : JONATHAN HUNT

**Jonathan Hunt** was a favourite of the Blues fans during the mid 1990's with his impressive tally of 25 goals from 102 appearances. That record included a remarkable three hat-tricks scored in the space of just 10 months. However, he fell out of favour at Blues following the arrival of Trevor Francis at the helm. So when Derby County offered the chance to recoup the £500,000 spent to sign the midfielder from Southend four years earlier, it seemed like a good deal for both club and player, especially as today's visitors were then playing in the top flight, a league above Blues. Unfortunately injuries seriously hampered his time with the Rams and the Londoner was eventually forced to call time early on his career after a reoccurring back problem. At the age of just 29, Hunt had to come to terms with being out of work whilst still suffering from the pain of his football injuries. However, ironically it was this that provided him with new employment as he discovered Hanna Somatics, which bestowed him with a newfound freedom of movement in his body. Jonathan is now the UK's only Equine Hanna Somatics practitioner. **Karim Adab** caught up with him recently to find out more and to reminisce about his time at both St. Andrew's and Pride Park.



**Hi Jonathan, how are things?**

Great thanks. I have to say I didn't expect to be doing interviews about football again any time soon!

**You've taken a bit of a career diversion since you stopped playing, haven't you?**

Well it's probably best to go back to when I got injured. I went to Sheffield United from Derby (after Blues) where I desperately tried to get fit. I was in a lot of pain with my back, which tipped my life upside down as I was quite pleased to be back in training. Then I got another injury and had to call it a day, which was obviously really upsetting.

Then about three years later I discovered Hanna Somatics which is what I'm involved in now.

**So what is Hanna Somatics all about?**

It was developed by a chap called Thomas Hanna, who died in the early 1990's, and studied how people who lived in developed nations had more postural problems than those who didn't.