

Basically it's a way of helping re-programme our brains to put our muscles under less stress in our day to day lives.

For example, it taught me that my body was riddled with tension from all the surgery, the strains and the demands of playing.

When I started the therapy I went from being in really, really bad back pain all of the time – not even sleeping – to being able to do things I hadn't done in a long time.

In life you experience lots of physical and emotional stress – football especially – and your muscles learn how to adapt to different pressures and situations; be it on the field or whatever, and over time they become more and more contracted, causing a misalignment of posture and joints etc.

Hanna Somatics helps people get over that inability to reset those muscles and makes them relaxed again, so hopefully reducing pain and injury.

It's like an education for your body. If you want to read all about it there are plenty of links on my website, www.somaticliving.com.



Can you envisage it working its way into the treatment plans of professional football clubs then?

Possibly. I've actually worked with a few local clubs, particularly Watford, and the players seem to have been pleased with the results.

It can benefit anybody really and I work with a whole range of people. I'm one of only three people in the country who apply the techniques to people.

I mostly work with horses though, because racehorses have always been a passion of mine, and I thought the only thing better than owning them would be to help them out.

It's definitely different to anything I ever thought I'd be doing, put it that way!

It kind of found me, rather than me finding it. I was in real pain on holiday in Thailand and some friends recommended a local practitioner to me, three months later I was in California studying about how to become a practitioner myself.

You played for both Blues and Derby. Do you have any special memories of your stint at each club?

At Derby it was great to play at the top level with super players like Stefano Eranio and Francesco Baiano, but I didn't really play as many games as I'd have liked I'm afraid.

As for Blues, I'd say all of Barry Fry's tenure was special, for want of a better word!

He was a character, like everyone says, but we had some really great times and he knew how to get the best out of his players.

He made playing football interesting, which I can't say for every manager I played under.

He just let us express ourselves and I think we were quite an entertaining team to watch.

The AutoWindscreens final at Wembley was obviously special, with the full house and the fans.

I loved my time at Blues, managed to get a few goals, and I think I was the first player to score a hat-trick for 10 years in the season I went there. David Geddis was the last person to score a hat-trick for Blues before me.

You scored three hat-tricks, didn't you?

Yes. My favourite was the last one in the league game