I am talking red in the face and chest and not being able to breathe very well.

Both for business and personal, and with ATMs we virtually can bank from anywhere in the country or world.

To understand exactly what those muscles are, imagine that you urgently have to urinate however you're in public.

I am not exaggerating but in one day after the first treatment I felt my swelling go down and my emotional state became calmer.

Now that the recession is taking its toll on public finances, the NHS has been tasked with finding 20bn in efficiency savings by the end of 2013/14.

The stiffness is most seen in outward rotation of the arm and lifting it upward.