



NATURAL BALANCE
PHYSIOTHERAPY & SPORTS INJURY

Case Study – Linda

Background

Linda suffers from Fibromyalgia - a long-term condition that causes pain all over her body. The pain and weakness in her limbs meant that leaving the house was becoming more difficult and this, in turn, affected Linda's mood.

One weekend, enough was enough as the pain had become more acute and debilitating causing Linda to become more depressed. At this time Linda noticed an advertisement in the local community magazine for Natural Balance Physiotherapy, Sports Injury & Podiatry and after a quick phone call, Linda was booked in for a consultation with Phil a few days later.

Consultation

After consultation and discussion, Phil recommended a number of exercises that he thought would help improve Linda's mobility. Phil's exercise programme included muscle strengthening exercises for her arms, legs and shoulders and Phil also adopted a number of manual therapy approaches which helped to reduce the pain.

The programme continued with weekly sessions where Phil would listen to Linda's latest feedback on her condition and review the progress she was making.

After one particularly energetic week of helping a friend move house and other personal events which made Linda's condition worse, Phil tried manual therapy approaches which helped provide relief and recommended a brief period of reduced activity to aid her recovery.

"Phil likes to modify his techniques according to his review of my progress and I feel my body benefits from a variety of treatments and exercises which work together to help relieve the effects of Fibromyalgia," commented Linda. "He is also not afraid to change approach if he is not seeing the positive results he is expecting to achieve."

About Phil

“Phil, made me feel relaxed and comfortable. I feel that he is a genuine person and not willing to just take my money without seeing visible positive improvements,” said Linda,

“He likes to help and is very pleasant company – we often have a laugh during our sessions too!”

“I would definitely recommend Phil. He has not only given me my confidence back, I feel altogether better both mentally and physically,” Linda said.

“He has shown me how to help myself and I know that if I have a bad week or something unexpected happens, I can mention it to Phil at our next session and he will offer a solution.

Says Phil, “Linda is a joy to work with. She came to me with significant pain and mobility issues which really were affecting her whole life. Through our weekly sessions, we have seen considerable improvement and I am delighted that this has made such a difference to Linda.