



**2451 Cumberland Parkway
Suite 3505
Atlanta GA 30339**

August 26, 2021

Dr. Annie Banks
2325 Log Cabin Dr SE
Suite 107
Atlanta, GA 30339

Dear Dr. Banks,

I want to thank you for the outstanding service you have provided for me over the past few months. The Active Release Technique (ART) and your background in physical therapy made the experience I have had with your treatment unique.

Specifically, I had been experiencing pain with my knee. I noticed that it was taking quite a bit of time when I ride (bicycle) for my knee to warm up and not be painful. To ride comfortably, it's critical to have a properly aligned kinetic chain and my chain had definitely had some kinks.

Your examination indicated some problems with the muscles and ligaments around my knee that were pulling on the side of my knee and went to work on improving the alignment. The stretching, movement, and chiropractic adjustments had almost an instantaneous effect on how I felt.

You made no promises regarding whether my knee would track correctly since ... well ... it had been out of place for quite a while. But I can say with certainty that it's working better and less painful. Riding is more enjoyable and my times are getting better.

Your adjustments hold. My knee tracks better. Life is healthier thanks to you.

Best regards,

Mike Smith