

Tuesday, April 10th, 2017

Miranda Henry

Precision Physical Therapy

105 Depot Ct

Peachtree City, GA

Dear Miranda,

Thank you! Thank you! Thank you! Thank you for all of your help with my aches and pains. I didn't know if you'd be able to help me because I don't have an injury or any type of life altering issues. I just have some aches and pains and the occasional headaches. I liked that you went through a full body assessment with me to find areas that could be contributing to my symptoms. I also really appreciated the fact that you talked to me throughout the exam to make sure I understood what we were testing and how my body had responded. I learned a lot about my body in that hour. What a difference it makes to have a real doctor doing the assessment! I definitely felt like you were addressing issues specific to my body and my unique needs. I liked that you showed me exercises that I could do on my own to proactively address areas of weakness or strain to lessen future aches and pains. I'm also really glad that you sent the exercises to me via email afterwards; the visual aid has helped me make the exercises part of my daily routine. At the end of our session, I'm glad you did cupping and scraping on me. I've heard people use those terms before, but I didn't know what they really meant. My upper back muscles felt so much better after the cupping, but I was still able to go to a party that evening without looking like Michael Phelps! I've already noticed some reduction in strain by doing the exercises you prescribed. I'm also glad you gave me some tools to use for the next time I get one of my super horrible tension headaches. I'm so glad that I decided to have a session with you to address the "computer user" issues I was experiencing.

Thanks!

Laura Dzwigalski