

January 20, 2017

Dear Terisha,

My journey with a prolapsed bladder began 6 and 1/2 years ago and I'm now 72 and 1/2 years old. Without warning, I felt pressure between my legs coming from my vaginal area and saw my gynecologist immediately. His diagnosis was swift and he patiently explained how or why the prolapse could have started. He was kind, encouraging and set guidelines for me to follow in order not to have the very beginning of prolapse develop into a more serious situation.

It's important to know that I gave birth vaginally to three children while in my twenties. My first two children are twins and my third child was born five years later. Each pregnancy was normal as were the deliveries. Through the years I enjoyed a very active life doing all the lifting, bending, etc. that mothers do. Nothing stopped me when I became a grandmother 15 years ago. My doctor did explain that while I was busy carrying the children, playing basketball with the boys, and overall having an active grand parenting role, my inside organs were growing older along with the thinning of ligaments and loss of strength in the pelvic floor area. He advised working out with weights but with caution. I knew a female personal trainer who sounded like she knew what I needed and assured me the exercises I could do would strengthen my core. It worked well for 4 years.

As my arms and legs were thriving from the twice weekly exercises, my inner core was not doing so well. My trainer was with me the day she had me push the leg press with a wide belt strapped around my waist. She added more weight that day because

she thought I had great strength in my legs, and so I pushed. As the pushing continued, I felt intense abdominal cramps and stopped immediately. Indeed it was too much weight for my pelvic floor because my bladder was pushed out of its cozy nest into my vagina which I could feel, see and was horrified by both! That was the moment when my lonely journey to repair the damage began.

My next visit to my doctor was terrible. He explained that perhaps pelvic floor physical therapy could help, but he had no knowledge of anyone who was doing such therapy. His advice centered around all the restrictions I must adjust to regarding bending, lifting and just about every single thing we do on a daily basis that involves the pelvic floor. We discussed the dreaded news that one day there might be surgery to repair the damage. I was devastated. I grieved for the loss of not being able to play with my grandchildren or pick up the newest baby who was one year old. It seemed that I spent two years grieving without support of any kind. No one was talking about prolapsed bladders in real life, on TV or the internet. PELVIC FLOOR are two words that were never discussed with me. It's hard to describe the depths of loneliness and sadness I experienced all the time. Not to mention frustrated that I couldn't find help for my condition.

Amazingly, into the third year of my journey, my net working paid off! I found a pelvic floor physical therapist and saw her for four months. She taught me internal exercises to strengthen the wall of my uterus which in turn would hopefully keep my prolapse from worsening. I did the exercises daily all the while feeling the pressure of my bladder all day long. The time even came last summer when I was challenged finding summer

slacks that didn't feel comfortable because of the low position of my bladder between my legs.

One day in November, 2016 my daughter called me from Terisha's studio and introduced us on the phone. I booked a Maya Abdominal Therapy Massage that day but had no idea that it would change my life for the better! Terisha shared briefly the type of massage she would be giving me but what stuck with me deep in my soul was her positivity and assurance that she was trained in pelvic floor issues and bladder prolapse can be managed!

I experienced my first abdominal massage on November 8, 2016 taking in every word Terisha was uttering explaining what she was doing and why her fingers and hands were moving as they did. She carefully explained the physiology of my misplaced uterus and its relation to my poor bladder. She was an incredible teacher explaining the facts of my pelvic floor which I never knew! She patiently took my hands and showed me how to do self help at home. Truly, my very first meeting and massage with Terisha changed my life! I was hopeful, excited and knew finally that someone had been placed in my journey's path who would offer me hope, healing and understanding.

My second massage was 14 days later and I came to that appointment fairly confident that I was doing self help at home correctly. It was exciting that Terisha could feel my pelvic floor getting back into its proper place and I was beyond excited! Two days later the unbelievable happened: I woke up, went to the bathroom, and could not feel my bladder protruding from my vagina! OH MY GOODNESS! WHERE DID IT GO? For the first time in seven long years, my bladder was up alongside my vagina,

not between my legs!! It took a mirror, calm hands and a huge gulp of gratitude to realize that the magic of The Arvigo Techniques of Maya Abdominal Therapy had found its way to me through the incredible hands, heart and caring of Terisha Tatter.

I know Terisha has a gift that is rare and I feel so blessed that she shares her gift with me! My life has changed and the wonderful feeling of hope is treasured by me every waking moment of my day. I've told Terisha that I feel as though I'm living "In Camelot" and am enjoying every moment of the magic I'm experiencing.

I am happy to be able to share my journey and hope that other women will be fortunate enough to find their way to the same wonderful spot I'm in right now.

With much appreciation, gratitude and love for the gift of Tarisha Tatter,

I hope you know what you mean to me.

Robin