

APRIL 8, 2006

TESTIMONIAL FOR MATRIX AND CRANIAL SACRAL THERAPY

On December 6, 2002 I was in a car accident and sustained serious whiplash injuries. I was suffering from intense chronic headaches, facial pain, neck pain, and pain in between my shoulder blades that went $\frac{3}{4}$ of the way down my back. I went to traditional physiotherapy for 6 months and it only aggravated my symptoms even more, which caused me more pain. After exhausting all of my options to alleviate some of my pain, my father found Shauna Desouza-Whitehead for me to try a non-conventional type of therapy called Matrix and Cranial-sacral therapy. I have been seeing Shauna now for approximately two years and I would not have made the progress I have without her treating me. After numerous treatments, the range of motion in my neck and back have increased significantly. My chronic daily headaches have gone from a level 9-10/10 to a 3-4/10 in pain intensity. The pain I am feeling in my face from my jaw being pushed back has also decreased significantly. My back pain has also decreased and I am now able to go to yoga without experiencing intense pain. Shauna's treatments are very non-conventional, and as you lay on her table she is able to pin point the areas in your body that need the most attention. Very simply, she applies mild pressure to the areas in your body that have developed strain patterns and releases these areas to alleviate pain and pressure or to correct an area that may be out of place. The treatments are very relaxing and incredibly effective. She also offers exercise programs when your body is ready for this type of treatment. Because Shauna's methods are very unconventional, she offers new solutions to alleviate all pain from ALL types of injuries, even injuries you have gotten as a child. After seeing her for only 3-4 months, I could feel a significant improvement in my overall pain levels. I told her that she was blessed with "healing hands" and I am very lucky and thankful to have her as my physiotherapist. I have referred many people to Shauna for treatments and she has helped every one of them with their individual pain issues. She has given me a positive outlook toward dealing with my pain issues and injuries, and to be honest, before she started to treat me I was giving up hope that my pain would ever be alleviated. She is the most fantastic physiotherapist that I have ever been to and I really enjoy going for my treatments with her because I know that after she treats me, I always feel better than I did before I went in. SO IF YOU HAVE ANY TYPE OF PAIN OR INJURY, I HIGHLY RECOMMEND THAT YOU SEE SHAUNA DESOUZA-WHITEHEAD FOR YOUR TREATMENTS, AND GET BACK TO DOING SOME OF THE NORMAL THINGS YOU USED TO DO BEFORE YOUR PAIN OR INJURY. SHE'S THE GREATEST!

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