

December 8th, 2006

After many years of playing competitive sports, my joints have taken a beating. First my knees gave problems: condromalacia, subluxating patella, and I experienced a lot of pain when walking down the stairs or any slope. Then I developed bursitis in both shoulders and my right elbow. My right arm was my throwing arm for softball, the arm used for spiking volleyballs, smashing shuttlecocks, throwing netballs, etc., so was heavily used. The wear and tear on my joints obliged me to give up any sports where I had to lift my right arm above my head or where I had to change direction while running -- i.e. everything except softball. The physiotherapists I saw put me through treatments that sometimes made me wince, so I stopped going.

How different it was when I started working with Shauna! Her touch is very gentle, soothing and never causes pain. I was amazed that she asked if I had any pain in my fingers [sprained every week when I was learning to play volleyball], shoulders, knees or elsewhere before began to describe the aches. She seems to have an uncanny knack of sensing the problem areas just by a light touch.

After my sessions with Shauna, the pain in my shoulders has disappeared and my knees hurt far less. I can walk up and down the stairs without pain, and I can even manage the steep slope down the hill to the nearest bus stop from my house. My days of "traditional" physiotherapy are over, and when I need any treatment, I will always choose Shauna's unconventional yet very effective methods.

For anyone who has injured limbs or is in need of physiotherapy for any kind of problem, I heartily recommend a visit to either of Shauna's clinics.



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