

To: Chris Toal

Subject: Deep tissue therapy

I am 88 years old and not in good physical shape due to a series of falls over some years. 15 months ago I had a more serious fall and although having had very helpful treatment from the medical profession and also taking strong painkillers there was very little permanent improvement in my condition over the next year. Painkillers were a great help with pain but the side effects were not always pleasant.

I was then introduced to Chris Toal and have had seven treatments. The improvement has been amazing - I was using a stick and was very unsteady but now I can manage with only occasional help. The pain has decreased until it is almost nonexistent although there are still certain things that I need to avoid doing at the moment.

Using lavender oil has helped strengthen the very thin sensitive skin on my lower legs where all the old scars are. At home I am using a Mustang massager and this is further helping my circulation. Chris's work in breaking up scar tissue which has formed internally in my legs and other parts of my body is the important part of the treatment. I have had a hip and knee replacement and apparently scar tissue also forms there.

I believe many of his patients need only one or two treatments but with the many areas I have damaged I will need to continue to see Chris for a little longer and feel confident there will be much further improvement.

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Hilary Gardiner