

I went to see Chris Toal because of a shoulder injury which caused me years of shoulder, upper back and neck pain which often resulted in migraines. Prior to my visit, I had been to many osteopaths and chiropractors as well as for acupuncture, physio and massage with only temporary improvement.

Within one session with Chris I noticed a change in my left shoulder positioning. It appeared to be back in the position it was before my injury. Movement was much less restricted, pain was reduced and I felt my posture was better. I was really happy with the range of motion as it had been tight and uncomfortable and felt 'wrong' for so long and I had not been able to find someone who could fix it. As I continued to see Chris a few people commented I was looking taller!

Chris has an in depth knowledge of anatomy as well as an impressive range of massage techniques and tools to help your body return to the best condition it can be.

Since seeing Chris I have had a significant decrease in migraines and much less shoulder, upper back and neck pain. My core strength has improved thanks to exercises Chris has given me that pertain to the weaknesses in my body. Chris has been very helpful recommending exercises to strengthen and maintain my new condition. I use his TBT techniques which keep areas that get tight from stress loose and pain free.

If you have tried everyone and everything without success, I would highly recommend that you try Chris, as his way of working with the body is unique and gives you positive, lasting results.

Karen Wilson