

27<sup>th</sup> January 2010

Chris Toal @ Bodywall

To whom it may concern.

Over the last three years I have had a series of accidents, a torn calf muscle – training for the Auckland ½ marathon, a broken ankle – tramping in New Plymouth and lastly in January 2009 a torn medial meniscus on my left knee – torn standing up after bathing the grand children.

After a time of physio it was suggested I went to a specialist as the knee was not responding very well to treatment, this was followed by a MRI scan that indicated that the medial meniscus was not torn off but just had quite a tear in it.

Specialist advised that the meniscus will heal but unfortunately I now nearly have no cartilage left in the knee and advised a knee replacement. Yuk !!

I have spent a year in quite considerable pain, particularly steps, walking downhill and trying to sleep. Also at 64 years of age and no exercise after being pretty active I have packed on the weight and Chris assures me that what we are doing at Bodywall will help to lose it.

However, a knee replacement is not on MY agenda at present and I heard on the Danny Watson radio show that he was attending Bodywall and having great success with his knee.

After discussing this with my Son who is a Doctor, he said it would not do me any harm to give Bodywall a go and is keen to watch my progress. He felt that the longer I hold off a knee replacement the better.

So join Bodywall I did.

I have only had two sessions to date. First session I was advised me that I would be running – ha-ha I thought I can't even walk without limping, how are they going to have me running. But yes, they certainly had me running on the special impact/reducing humps even though at first I panicked. Next exercise was squats leaning with my back against the wall. First set I could bend my knee to approximately 10 degree angle, but by the end of the hour – yes I did exercise for 1 hour - I was bending to 90 degree angle, of course the pain was still there but I did it.

For several days after this session I was on a high. Part of the healing for me was to be convinced and to convince myself that I could do it and not be scared to try, as the more I strengthened both legs the better I would get.

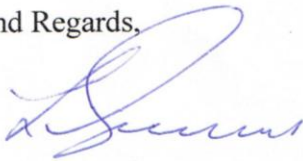
Second session was much the same only I did not panic over the exercises I just did them. For the first time I managed to complete a squat without any support – pain still there but not as bad. Again I completed 1 hour of exercise which is quite intense. Certainly got the sweat going. GREAT !!

Now into my 3<sup>rd</sup> week I am managing to walk down stairs as an adult does, not one at a time like a child, and walking including downhill is becoming a little more comfortable. My knee still locks particularly at night and the ache in my knee is still always there sometimes stronger than other times, but I'm sure that will be addressed by Chris as well in time.

I am looking forward to continuing to improve and by the end of this year am planning to tramp in the Catlins, and no knee operation for some years – if ever.

Thanks to both Chris's at Bodywall I now have the confidence to try.

Kind Regards,



LEE STEVENS.

p.s. I am a little disappointed that no alternative treatment other than a knee replacement which is a bit drastic in my view, was offered to me. If my body can be healed by exercise and my body itself, surely this is preferable to operations which run at a huge cost to the country.

I tried going back to a gym but they could not advise properly or offer the correct exercises to improve my situation.

If only I had been told about Bodywall I would have not had a year of my knee getting stiffer and muscle wasting and would be a year advanced getting free from pain.

Pre treatment Range of Motion



Post treatment Range of Motion



Range of motion change as shown was achieved in one hour of Bodywall<sup>®</sup> treatment.