

## My Journey to Wellness

May, 2005 I injured my ankle. The pain was constant both day and night and increased with walking. Diagnosis - Posterior Tibialis Tendonitis Recommendation - Physical Therapy. I was afraid to go to PT because of others who experienced significant pain. In addition, I did not understand how PT could help so I decided to just rest my ankle. By June, not only was there no improvement but the intensity of pain had increased. I went for a second opinion. This doctor put me in a cast boot for immobilization and also recommended physical therapy.

Finally, July 2005, I called Seneca Physical Therapy. The "receptionist" was pleasant and showed interest in me. After the initial evaluation, Adam (my therapist) explained, in terms I could understand, how physical therapy would help. My experience was positive and my strength increased while the pain decreased. At the end of the therapy, I was pain free with full mobility of my ankle.

I realized that my ankle injury and resulting physical therapy were a wake up call. I was overweight and far from physically fit. Seneca's Wellness program seemed like a good way to proceed. It's different from a "gym". The program gives each person the opportunity to meet with a personal trainer (Eden or Melissa) every two months without an additional charge. An evaluation is done and your exercise program is revised to meet your needs. I've been going regularly since September 2005 and have met many other members with similar goals and interests. We support and motivate each other to enhance our overall fitness level.

Fall of 2007, I attended a Weight Management course at Seneca presented by Judy, a Registered Dietitian. This was an educational course, not another "diet" to follow.

During one of my individual sessions with Eden in October, 2007, I didn't have full range of motion of my left shoulder. Diagnosis - Impingement Syndrome. Recommendation - P.T. This time I met with Bill. During each visit, he listened carefully to my variety of shoulder issues and modified and/ or changed the therapeutic exercises as indicated. If pain occurred during a specific exercise, the exercise was stopped and re-evaluated. Now I know there is no pain during physical therapy.

Bill demonstrates dedication, compassion, understanding and skills which are unique. His ability to listen, assess and develop a program to meet individual needs is outstanding. I have had two unexpected positive outcomes. The first was the elimination of my upper back pain and spasms that I've had for years. The second was relief from a four year constant intense itch in my upper back caused by nerve irritation in my spine. Both impaired my quality of life and were eliminated by positioning and therapeutic exercises initiated by Bill.

Physical therapy takes hard work and commitment from the patient. Exercises must be done as prescribed. Sometimes the progress isn't as fast as expected. There may even be "set backs". It's important to recognize this, discuss them with your therapist and follow through with his recommendations.

Currently it's March 2008, almost three years after my first injury. I'm 80 pounds lighter and have increased my overall fitness substantially. My concept of physical therapy has changed.

The staff at Seneca Physical Therapy and Wellness Center care about their patients. They are there for you at all times. Support is given in a variety of ways to accomplish your ultimate goals of well being.

*Nancy Swanson*