

Physiotherapy led Pilates & Fitness

# Pro-align

Health & Lifestyle Coaching

## How joining Pro-align has changed my life...

My name is Leigh Collins and I am going to be 70 in 2 weeks. I have had a few accidents and was in a bad way until I met Sally. I saw her in the park giving personal training and she wasn't building muscle men and I decided to ask her what she did.

When she told me she was a qualified Physiotherapist and Pilates teacher who specialised in rehabilitation I asked her if she would look at my problems and see if she thought she could help me. I got together my various reports of numerous MRIs, X-rays and scans.

I had 3 problems. I had slipped on wet concrete and only had 5% of my hamstring tendon still attached. I had been warned not to walk fast, uphill and be very careful on steps. I was scheduled to have an operation to repair it. On my examination before being admitted to hospital I said I had a sore neck and the Dr sent me for a MRI and immediately referred me to an orthopaedic surgeon as my spinal cord was being compressed. I was booked in to have this done. The drama was not over, the night before the operation was due and I slipped and broke my shoulder. They decided not to pin it because of other health problems. It didn't heal and I was unable to even drive a car for 5 months. The bed rest stopped the pain in my neck and I started walking, but slowly, to improve my posture.

Then I met Sally! Within 5 personal training sessions I was back playing golf, walking up hills and had no pain in my torn hamstring. Before Sally I had been unable to even sit comfortably for any length of time. What Sally has done for me is absolutely miraculous. I have now graduated to her group Pilates sessions which are terrific.