

Rider Feedback

After first session: “Not so much cramping at night - pain down 7/10 (was 10/10), better sleep. Right foot pain down 3/10 (was 5/10)

After second session: “The exercises with the massage balls have been **more beneficial than 10 months of physio** and also easier pain wise”.

Right Archilles tendon pain down to 4/10 (was 8/10).

After third session: “Good rides - much more energy and rode 5 days this week. Definitely feeling better, not so stiff, no physical stress riding and less stiffness in my back due to buttock releases with the balls. Mentally more positive”.

After fourth session: “My back is better - not sore and no pain right through top of shoulders”.

After fifth session: “My body is fantastic. I used the balls for knots in my shoulders, hips and buttocks.

Dressage instructor, Coralie Williams said "never seen you riding so well"!

Chronic Pain Relief After 3 Years of Continuous Pain

The Day after the Session

Today I have felt an uncommon ease...a very welcome place to be in!

For the first time in 3 years I am not in PAIN. I am aware of the area but there is an ease and the deep loud ache and the intense high pitched burning are not present.

I am feeling immense Gratitude right now

Thankyou Thankyou Thankyou Valee
Jamala Smyth

Chronic Pain Relief and Improved Sleep

For many years now I have had problems with interrupted sleep.

- Most nights waking at least once by pain in my lower back and hips which could only be relieved with a walk around the house and on a bad night's pain relief.
- I also found that after sitting for any length of time at work I would then have pain and stiffness in my hips on rising.

After just a few sessions with Valee **I am now pain free in my hips and lower back and getting much needed sleep most nights.** I am also having no problems at work with hip pain anymore.

I am also finding I now have more energy to move especially on weekends which used to be mostly taken up with catching up on sleep.

Susan Clark

Surgery Scar Pain Relief.

Scars can seriously restrict and have a drag on normal tissues and organs if not addressed.

Valee achieved great things in the couple of sessions that I have had with her.

I have a hip that used to get very painful periodically and I was having a very bad run when I went to see Valee. Within a couple of treatments **I was walking completely normally and pain free** and could even stand on one leg which I realised I had not really been able to do for a long time.

I had tried many different treatments at different times but I really rate Valee's approach. I love that she has a wide range of methods that she can use and has the wisdom and experience to know what is best for a particular situation. Thank you Valee!! Tracy D.

Foot Pain

A lady came to me with pain that she had had for over a year in her left foot after she had had an injury. The pain was around 7-8/10.

Along with other work, I released the tissues between the bones of her foot and used compression technique over the areas of pain.

After the first session the pain was down considerably. She was shocked as she had had **no idea that pain could be relieved so fast** and wouldn't have waited a whole year before getting help.