



## Success Story

When a friend first suggested that I drive from Montgomery, AL to Warner Robbins, GA for physical therapy, I thought she was crazy. But at age 40, and looking at the prospect of complete hip replacements on both hips due to arthritis, I was desperate to try anything.

As an athlete who still competes in triathlons, I was finding that I could not go as fast or as far, as often. I took longer and longer to recover from a run or a bike ride, and even swimming had begun to inflame my hips and back. For six months before visiting the Cantrell Clinic and seeing Mike Cantrell, I had stopped almost all fitness activity.

I made two visits to the Cantrell Clinic, one in June 2008 and another in August 2008, and those two visits enabled me to reclaim my life. I try to use the exercises Mike prescribed every day, and I absolutely will not start any type of fitness or physical activity without doing these alignment exercises. These exercises did not make the arthritis go away, but they help decrease the effects of the arthritis on my hip joints; thereby allowing me to continue doing the things I enjoy.

As proof of success of these exercises, in September 2008 I participated with a group that cycled the complete distance of the Chief Ladiga/Silver Comet trail from Anniston, AL to Atlanta, GA, a distance of 100 miles. Before and after the ride I performed the exercises. Guess what, the next day, I felt fine, and we rode back to Anniston—another 100 miles. A month later I competed in my first triathlon in over a year. Again, I made sure to perform my alignment exercises before and after, and I felt fine.

Thanks Mike!

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May we Publish? Yes  No

Signature: 

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