

## **Testimonial from M. Sharon King, Charleston , WV**

Having problems with my left leg had become a way of life. I had been referred to several physical therapy clinics over a period of approximately three years - but after months of different styles of treatment found short term or no relief. It's funny how your life can come to a dead stop due to an aching this or that! I had been exercised, stretched, had ultrasound treatments and been placed on heat packs as well as ice. Nothing was for the long term.

I heard about Charleston Physical Therapy and the Fitness Center from various friends who had undergone treatment. At my wit's end I asked my primary care physician if she had any problems referring me and with a simple phone call I was able to be there within the week.

The thing that blew me away was the extensive diagnosis process. Hugh Murray was my physical therapist and I was amazed as he finally told me it was a bulging disk in my back causing the entire problem. No one had ever given me the reason for the pain. No one ever discussed what they were doing, or why they were doing it. I was overwhelmed by the communication process with not only Hugh, but with the entire staff.

Of course I was skeptical - my back causing my leg to hurt?? But under Hugh's supervision I learned how to sit, drive and do exercises that did the trick. Was it simple - no, it's a learning curve and I have to work at it. I still have to work at it or the problem comes right back.

Hugh never hesitated in answering my questions and giving me resource for my day to day activities. I only needed four or five visits at the clinic, which was appreciated as well since my insurance will only allow 20 visits per year. At the other clinics I literally went till the 20 visits were gone. Relief or no relief!

I can assure anyone who will listen that the next set of problems will send me directly back to CPT. At my age I KNOW structural problems will abound, but trust me, it really is satisfying to know that the resource (don't forget the other 15 visits!) is there to handle it.