

From the desk of...
Dorie C. Dawkins
Bow, New Hampshire

Jeanie Gorski, LMT
Therapy Designed For You
82 Palomino Lane
Bedford, NH 03110

Dear Jeanie,

I wanted to follow up and thank you for suggesting muscular therapy work for my Carpal Tunnel Syndrome. Although I wear a brace every night, cleaning, working on the computer keyboard, exercising with weights, and using trekking poles for hiking & snowshoeing, had exacerbated the tingling in my left hand and wrist for the last several months. You recommended exercises to keep my pectoral muscles, neck and shoulders more loose, and doing them helped, but even with the exercises and brace, the numbing increased due to my level of activity.

After three sessions in November and December, in which you concentrated on my Carpal Tunnel symptoms, I have relief! The tingling comes minimally, only when I have done extreme exercise, cleaning, etc. My arm does not feel "heavy" like it did before the muscular therapy work you performed. I had been taking a dance class, and the wrist and hand movements are much easier to perform. As you know, I had surgery on my right wrist almost a year ago, and the work you did to loosen the muscles in that arm & wrist has also made movement much easier. There is no longer a feeling of tightness in the wrist.

Before our sessions, I had made the decision to have surgery in January, 2010 on the left wrist. Now, however, the chronic aching and tightness I felt in my wrist, upper arm, shoulder and armpit are gone. With the muscular therapy sessions you did and the exercises you gave me, I am confident that I can put off surgery on my left wrist for some time. Daily chores and work are not getting in the way due to your diligence with my injury. Your training and recommendations to stretch, wear my day brace during high levels activity, and the muscular therapy sessions have shown me that surgery is not the answer at this time!

Thank you for your help. Your knowledge in how to alleviate the pain of Carpal Tunnel Syndrome and your gift of healing has helped me go back to normal activity without persistent pain.

Please feel free to use this information with potential clients and in any marketing materials so that people will become educated on how muscular therapy can be a benefit to them.

Sincerely,

Dorie

Dorie C. Dawkins