The pain I had in my neck and upper back area were debilitating. I spent months going through traditional physical therapy to no avail. At the conclusion of my second stint of traditional physical therapy the pain did not go away and I was unable to live my active lifestyle. Then the diagnosis "it's because you're getting older" came into play. I knew that was not the case so I reached out again to my Primary Care doctor who in turn recommended I try the Myofascial treatment approach through the Myofascial Treatment Center in Kirkwood, MO.

I never knew this type of hands on treatment existed and I was willing to try most anything to get help. I made the appointment and within a few sessions with Mary Felling I began to experience some relief. One day during one of the hands on stretching procedures with Mary I felt a surge of relief in my back and neck. I'll never forget that moment and it was the beginning of my road to recovery. Two or three sessions after that experience I was able to slowly resume my active lifestyle.

I'm truly grateful for being introduced to this hands on method of treatment and I recommend it to anyone that is suffering from joint, back, or neck discomfort especially if you have been given the diagnosis "it's because you're getting older." Try a couple of sessions with Mary at the Myofascial Treatment Center before you accept that diagnosis. I did and I'm happy I did.

Tom

Tom