

Testimonial - Mrs J

I have had both my hips replaced with 'Birmingham' prostheses (prior to which I could not walk without a stick). My wonderful new joints enabled me to resume even such very physical activities as wheeling barrows of mulch, digging and planting, however after a few years I developed problems with my back. My surgeon explained that when he replaced my hips there was quite a re-alignment, which in turn changed my gait and general posture.

Since I started exercising under Lynn's supervision 2 years ago, I have not needed a single treatment to my back. The solution has been to swim regularly and to make sure I attend my weekly SPINE Pilates class, which caters for people like me who need expert advice about exercise.

Mrs J