

March 8, 2010

To Whom it May Concern

I have suffered chronic shoulder pain for many years and it had gotten to the point where I couldn't touch my left shoulder with my right hand.

I am a reasonably fit and active 58 year old man but suffer constant pain in my shoulders and hips.

I've visited many "specialists" over the years and had so many cortisone injections that I'm not allowed any more. As a result I was resigned to living with pain and discomfort for the rest of my life. A very depressing thought!

However, a good friend recently introduced me to Peter Horsfield.

He asked me where I was feeling pain. I described pain locations in my right shoulder and right hip. Then with a couple of simple manipulations of areas around both my shoulders my pain disappeared. I was able to freely and without pain touch my left shoulder with my right hand for the first time in many months.

He then performed manipulations on my lower back and buttocks - which hurt when he was doing it but resulted in dramatically reduced pain in my hips. I was able to get up from a low deck-chair quickly, without pain or a struggle - something I was unable to do prior.

I was a bit sore the next day from the manipulations but that passed by the 3rd day and the shoulder and hips now work as they should.

I have to admit that because of my long history of unsuccessful treatments at the hands of other "specialists" I was dubious about Peter's ability to help me.

However, after his "magic" manipulations I have no hesitation in recommending Peter to anyone with chronic joint pain or pain from sport injury (which is why my shoulders were in such bad shape). For the first time in many, many years I wake up in the morning feeling refreshed and pain free.

Mike Gard

