

To whom this may concern,

My name is ~~Redder O'Connell~~ and I have been in law enforcement for 10 years. During my routine duties I spend a lot of time driving in excess of 4 hours a day along with miles of hiking. I started my career healthy with no injuries. During the last few years I have developed lower back pain, leg injuries and a sense of imbalance in my hips. I started seeing Andrea a few months ago for massage and breathing exercises and the vast majority if not all of my pain has subsided. I was informed that the ballistic vest and approximately 20 pounds of gear on my duty belt throw my body out of alignment and do not allow the muscles to be in balance. Most of this discomfort is caused by the long amounts of time law enforcement spend in vehicles patrolling. Andrea made suggestions of different ways to sit and cheap things that can be utilized to keep your body in proper alignment. It has helped immensely to the point where I was able to complete a very strenuous course with the special operations group injury free. I feel without the massage therapy and tips and tricks Andrea showed me I wouldn't have made it through because I was plagued by constant lower leg injuries and lower back pain. I highly recommend anyone in the law enforcement and military community to take the time to speak with Andrea about existing pain and also to take a proactive approach to stay healthy and pain free by implementing small things in your life before you develop any kind of pain or discomfort.

Thank you,

~~Redder O'Connell~~