

My name is [REDACTED] and I have been a Law Enforcement Officer for approximately 7.5 years. I began treatments with Andrea approximately 6 months ago. Before the treatments I would notice that I had tightness around areas of my body that were placed by restrictions from work-related duty items (duty belt, ballistic vest, boots).

Before I started my career in law enforcement, I never had issues with my lower back or tightness around my hips and legs. Now, having some time and having a daily routine of wearing all the on-duty gear, it has given me constant lower back pain and tightness throughout my body.

Several ways that I have been able to remedy the discomfort of the duty belt is by using 2 tennis size balls, between my back and the driver seat, on the lower part of my back, just above my duty belt. This has taken away a lot of pressure from my lower back, and has limited the stiffness that the duty belt places while on patrol.

Another tool that I have used is a small travel pillow, which I place under and between my arm and body while on patrol. It reduces the fatigue in my while on patrol for several hours.

One of the most important things that helped me out is breathing. I have noticed that concentrating on my breathing and constantly taking deep breaths has reduced my stress level. I have even improved on my running times, which have been dramatically reduced. Also, my legs do not seem to fatigue as fast as they used to.

Overall, my experience with Andrea Pollock has not only helped me physically, she has also helped me mentally. I am very grateful to have had the chance to be a part of this study.

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