

Client: Karen (Golfer, General Fitness)

I'll start out by saying that I am very biased. I think Laurie is a fantastic trainer. When I started training with Laurie, I had back pain that made it very difficult to roll over or get out of bed. I tried physical therapy, massage, acupuncture, raiki and chiropractic therapy. None provided any significant relief. I am an avid golfer and was thinking I would not be able to play golf the upcoming season. I was not on pain killers, but it was clear to me at that time how somebody could easily become a prescription pain medicine addict. Chronic pain is no fun and impacts all areas of life. Since training with Laurie, the back pain is gone and I have been able to continue playing golf. Unfortunately, I fell on the course and severely sprained my ankle and was out for the last part of that season. That ankle is the weakest part of my body due to a structural deformity so it's no surprise that it was so severely sprained. It caused weakness on the whole right side. Once again, I thought the injury would keep me off the golf course. Well, through foot orthotics and Laurie's guidance, I was able to get back on the course. Now that my body is a lot stronger than it has been in years, I feel like I am back on the road to improving my golf game instead of just being able to be on the course. I played my first official round of the season yesterday and am very, very encouraged. It was cold (40 degrees) and soft since it has been raining and I was still hitting the ball further than I have in the past. My mid-range and short game was even better.

The most important thing I need to remember is to tell Laurie what is going on. I continue to be amazed about how much she knows and her ability to find things to do to fix whatever might be going on. I forgot to mention the help she has provided with pelvic floor issues, shoulder issues and breathing. Whenever I see a professional athlete that is struggling with chronic injuries, I think...they should train with Laurie.