

Parkinsons and Spinal Stenosis



THEN

I am 70 years of age, have been an accountant all my life and have Parkinsons and spinal stenosis which had confined me to a wheelchair and crutches. I was on crutches around the house and then into the wheelchair if we went out from the house. In addition, I was gradually getting weaker, psychologically I was on a downward slope as there was no positive outcome in sight as I was continually getting weaker, plus pain, it was a vicious cycle. I was very stooped over, so much so that I could not reach the light switch on the wall, and reaching for it was excruciatingly painful. I even went up stairs on my hands and knees. I couldn't even lift a kettle of water.

NOW

I can walk up and down stairs without spine pain, I can lift a kettle of water, I can reach the light switch with no pain. I am amazed and pleased that I am getting stronger and pain free and can walk around the house without support. At the start of the spine conditioning program I couldn't lift the 20 kilogram weight, at all, now I can lift it 100 times without resting, absolutely incredible.

The difference between this and other programs, which gave me no help, is that it is based upon results, to regain my function. It is definitely not a turn-key system as it is tailored every time depending on the response to the previous session. Previous therapy was simply ticking boxes, not the case with this program.

Peter's aim was to bring back my function as a human being. Considering his background with working with bodybuilders, actors, military, ballet dancers, Olympic athletes, he is able to re-adjust the program to my level of strength and ability, and often warns me not to over do it.

I am now doing things on the Postural Reponse Lab that I would never have thought possible. A lot of these achievements physically, are also psychologically beneficial.

For anyone reading this, you need to understand that I am 70 years of age, I've had Parkinsons for 10 years, I have spinal stenosis - a strangulation of the spinal cord, which had severely disabled me. >>>

“This unique technique really exists

Talk to Peter and you may benefit, safe in he knowledge that there are no empty promises”

Parkinsons and Spinal Stenosis



Being an accountant, I am very logical, down to earth, hence I maintained a record of my response to the program very carefully.

Considering that my condition was given no future by drugs and possible surgery was too much of a risk. Undergoing this very conservative approach I virtually have my life back.

Admittedly sessions can be 3 hours.

The technique Peter uses is DMT (Decompression Mobilization Therapy)

To conclude, physically and mentally I now have a future whereas before there was none, except a gradual decline and loss of the use of my body.

Most important to this, is when I met Peter he did not say he could help me as such, but simply let's see if we can help get your function back, and it has. My meeting with Peter was a chance meeting, I am letting you know this technique exists, so that by talking to Peter you may benefit, being safe in he knowledge that there won't be any empty promises, just a considered approach for your condition.

I write this with deep thanks and gratitude.

“This unique technique really exists

Talk to Peter and you may benefit, safe in he knowledge that there are no empty promises”