



**NATURAL BALANCE**  
**PHYSIOTHERAPY & SPORTS INJURY**

## Case Study- Karen

# Background

After suffering from a bad back for 20 years, Karen was diagnosed with degenerative disc disease and axial spondyloarthritis, an inflammatory spinal condition that affects the spinal joints, around 18 months ago. Over the years, Karen had visited multiple physiotherapists but was becoming more desperate for help with pain from flare ups and decreased movement. Karen's son was a client of Phil at Natural Balance Physiotherapy & Sports Injury, and he suggested Karen made an appointment.

# Consultation

"Karen's back problems revolved around pain and stiffness especially when getting out of bed in the morning that made her feel like she just had to stay in bed. She certainly could not spend any time in the garden which she loved doing."

"Even following the first appointment with Phil, I came out feeling amazing!" Karen says.

"I had spent 20 years seeing various physiotherapists, but Phil approached my problems, treatment and exercise programmes in a totally different way than anyone before," continues Karen.

"What Phil doesn't know, isn't worth knowing as he is clearly very knowledgeable in his field."

Phil's approach differs from other physiotherapists as he looks at the whole person – their condition, lifestyle, mental health and of course, their physical problems. The initial focus is on reducing the pain and advising about how best to optimise their health to give them the foundations to help increase their fitness to enable them to live the best life they possibly can – and not to let their health issues become a barrier to maximising their potential.

As Karen improved, Phil accompanied her to the gym to show her how to use the equipment to her best advantage. Looking forward, the plan is to help Karen increase her strength, endurance, balance, flexibility, coordination, and control in her upper body, back and lower body so that she can live her life fully.

“I think it is amazing but the more vigorous the exercises we perform, the better I feel after a session with Phil! Strangely, the exercises alleviate the pain too.” says Karen.

Because of the duration for which Karen had her problems, Phil had explained to Karen at the outset that it might take several months if not up to one year for her to feel positive changes, but we are currently eight months in and she feels much better already.

## About Phil

“Phil listens attentively, and his positivity is catching,” Karen comments.

“He doesn’t just want me to feel a little bit better, he wants me to feel fantastic and so do I! Phil’s energy certainly rubs off on me and he is truly inspiring. Phil makes me feel that nothing is insurmountable and, despite knowing I will face challenges ahead as we have discussed, his confidence helps me feel that it may be possible to find a way around these challenges, together.” Karen says.

“I would recommend Phil to anyone who needs help with a debilitating condition such as mine,” Karen concludes.