

Why I ended up here and want to help others

- In my twenties, I worked abroad and was an athlete.
- Coming home and working long hours at a desk caught up to me and took away my health, forcing me to retire.
- I was basically a cripple, but after some mistakes I found the right people who pulled me out a dark place and turned me onto Pilates (especially the reformer machine).
- I decided to help others and got my AEA certification.
- I still can't sit for long periods because of my hips, but I can stay in a pool for as long as it takes to provide a great water session.
- I have written my story on this physical therapy odyssey, it will be on another page of my website. There you can get a very good education on physical therapy and avoid all the mistakes I made.