

June 18, 2007

Core Conditioning  
12930 Ventura Blvd.  
Studio City, CA 91604

About a year ago, I came to Core for physical therapy with a history of rheumatoid arthritis and a 2-year-old back/neck injury from a high-speed car accident. At first, I was very skeptical about PT in general because of a previous experience in which the therapists had not been attentive and had pushed too hard without considering the best and safest way for me to rehabilitate my injuries.

From my first day at Core, I was struck by the friendly staff, caring therapists and aides, and the relaxing environment. When I began PT with Kristy, I couldn't turn my neck very well, and I had very limited mobility in my spine. I was in constant, daily pain that kept me from enjoying life. Kristy started me on a comprehensive rehab. program combining CST, manual therapy, Pilates-based exercises and electro-stim. Because of the comprehensive facilities, therapists and trainers available at Core, I was able to find PT's, CST's, Pilates and Gyrotonic instructors who were able to work closely together to ensure my progress was as good as it could be — and it has been amazing!

Besides "curing" my back pain, working with the wonderful team at Core (and eating a healthy diet), has helped me lose over 35 lbs, has hugely improved my flexibility and range of motion, and has even helped me more effectively manage my RA. Now, I can take a variety of Pilates mat and equipment classes with the great instructors at Core. Besides being a place to find challenging classes, great therapists and trainers, Core has a fun, friendly, caring, positive atmosphere with people who continually encouraged me along the way toward my long-term fitness goals. The team at Core has even created special Pilates classes for other young adults with arthritis! Without a doubt, Core has the best physical therapists and Pilates instructors/trainers I've ever worked with!

All the best,

Jeanine E. Yutani  
[www.arthritis.org](http://www.arthritis.org)