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Core Conditioning
12930 Ventura Blvd.
Studio City, CA 91604

In five years I have experienced two spinal discetomys, one lumbar fusion and many, many, many physical therapists. None of which helped me recover. A friend of mine who is a personal trainer suggested I try Core Conditioning. WOW!!! In the past, my assigned therapist would give me a hand out of basic floor exercises and send me on my way in six weeks. At Core Conditioning you never leave....at least I'll never leave. Through Pilates, Cranio Sacral Therapy, and Acupuncture, I'm finally strengthening my core. I've been taking classes that help support my work I'm doing in PT. I always found rehab to be an emotional and painful experience...the women of Core Conditioning have created a safe environment where the healing process can be gentle and peaceful.

Kym Fichtner