

Before being referred to Core Conditioning and for the last 3 years or so I have had numerous episodes of back spasms, rotator cuff surgeries, lower back pain etc., and numerous physical therapists. These therapists were able to "get me through" the required post surgical therapy so that I got back to "normal."

In late February of this year I had another rotator cuff surgery. However, before I went into surgery I was able to see Allyson at Core Conditioning for a pre-surgical consultation to determine how to proceed after surgery. What an eye opener! Allyson was able to determine why I was having back spasms and possibly why the shoulders were so weak--no other therapist took the time to evaluate my entire back "system" and evaluate me as an active working adult.

Since my surgery, I have had 4 visits with your therapists at Core Conditioning and have been working on both the mid back as well as the rotator cuff "injury" and my progress is remarkable.

After many years of therapy I feel as though I have found therapists that are including more than just the therapy required after surgery and it is difficult to contain my excitement at the prospect of having Core Conditioning as my Physical Therapists. I will be forever grateful to Mark Saycedo for his referral who felt that your staff would spend more one-on-one time with me than I had originally received from my previous therapists.

Thank you Core Conditioning for being there. I plan to continue with Pilates instruction at Core Conditioning after completing my Therapy.

Thanks again!

Salvatore Iannotti
Glendale, CA.
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