**Patient Spotlight of the Month!**

Angie C

  
Ten years ago, I began a career I love, as a Massage Therapist and Wellness Coach. Over the years my career has grown and I have been able to open my own business, offering services in Marquette. This is ultimate passion project allows me to create a space where people can come to rest, heal, and feel better. When I started to find myself hurting after a day of work, I felt worried because I didn’t want to sacrifice what I loved and I didn’t like feeling limited by my body. That’s when someone suggested I see Dr. Christa Hubbard. At the time I was having hip pain, body fatigue, and other various aches after a day’s work.  I spend a lot of my day hunched over, which can create a lot of tightness in my hips and low back. Also, I tore a hamstring 6 years ago and babying that injury put a lot of pressure on my left hip, which began to clunk and ache. When I started seeing Christa in early 2018, I was so impressed how quickly she was able to assess my body and give me tips and exercises for instant improvement and relief. I left that first visit feeling hopeful. Over my time working with Christa she’s continued to adapt my exercises according to where my body’s at and has also used ultrasound and hot and cold therapies. With each visit, I leave with more body awareness and feeling better. Since working with Christa, I’ve been able to see a dramatic reduction in pain, as well as more energy during my workday. Not to mention, I feel better in my body than I have in years and have been able to live a more active lifestyle outside of work. I love my job and I love to adventure and feel so grateful that I have someone in my life that helps me do both.

