**Patient Spotlight of the Month!**

Theresa V.



Oh my goodness!! Where do I start?? I guess I can go back to April of 2016 when I was referred by a coworker to see Dr. Christa to fix my hamstring issue, which also evolved into an Achilles issue.  I continue to “wreck” myself and Dr. Christa continues to “fix” me.  Her ability to find my ailments and prescribe therapy and at-home exercises allow me to continue with my active lifestyle, to “wreck” something else☺ Her assistant Alyssa has great knowledge in providing modalities and educating me on my exercises, making sure I do them properly before allowing me to leave the office. I have been seen for issues with my hamstring, Achilles, shoulder, wrist, lower back, SI joint…who know what she’s going to fix next☺

In addition to the therapy and exercises that Dr. Christa prescribes for me, I have been working with Dr. Ryan with Physical Therapy to add to my comprehensive care.  My most recent “wreck” came when I was training for a ½ marathon and took a tumble on my bike for one of my alternative workout days.  I ended up injuring my SI joint (which I didn’t even know existed).  After months of therapy and exercise, I’m getting “back in the game”.  Ryan has changed my gait and I’m excited to see how efficient I can run! I wish I would have had this opportunity years ago.  Not only does Ryan concentrate on the issue at hand, but he works on preventing this happening again.

The atmosphere in the office is welcoming and I enjoy my visits.  They are like family and they truly care about their patients and their well-being.  I think they are more excited than me when I progress and am able to do the things I enjoy.  There’s a lot of laughs and celebrations in the office.  I have referred several friends and family members to Horizon HealthWorks for a variety of injuries.  We’ve all been pleased with the successful results!

