

I first came to Seneca Physical Therapy in February 2002, a result of surgery for a ruptured quadriceps tendon on my left leg. Surgery was a great success however my leg was placed in a restrictive brace for four weeks, the time needed for healing and ensuring the surgery took place.

Once the surgeon authorized me to begin physical therapy my first thoughts were how painful getting the leg back into shape was going to be. We've all heard the "horror" stories of physical therapy, I hadn't really been able to use my leg for six weeks, I had little ability to bend or lift my leg, and I was still experiencing quite a bit of pain. Needless to say, I was not looking forward to therapy, however I'm happy to say I couldn't have been more wrong.

The Seneca Physical Therapy group has a wonderful process of listening, communicating and working with the patients, resulting in the best care possible. My first appointment included the Physical Therapist (PT) talking with me, getting a detailed description of the accident, surgery and how the leg was doing at the time. The PT then took a detailed assessment of my leg, which was reassessed and updated at each appointment, and identified my physical therapy program. I remember the PT stating, "You don't have to be in pain as you rehabilitate the leg, just work hard on your program" and he was right. I worked hard while at therapy and at home, which resulted in a much faster recovery than I had anticipated.

My physical therapy program was constantly being modified to keep me challenged and improve my leg's strength and flexibility. The PT was just as enthusiastic as I was, when I successfully completed each hurdle. Today I'm happy to say I've regained 100% of my motion back in my leg.

At the conclusion of my therapy program, I was uncomfortable just ending my therapy, as I needed to continue to strengthen my leg. Seneca Physical Therapy offers a Wellness program you can join to not only continue with your "normal" exercises but also provides you with a supervised program for your overall well-being.

Today I continue to workout 2/3 times a week with the help of the Wellness program staff. The PT and Wellness program staff members are very supportive of each patient, always working with you to strive for your best. I would highly recommend the Seneca Physical Therapy group to anyone needing physical therapy or who wishes to improve his or her physical well being.

Signature

*Dario Bergero*

I give permission to publish this letter *DB* (Initial)