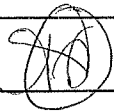


Tell Us Your Story

My name is Amy and I am 26 years old. My journey began as a recruit in the ^{protection} fire academy on Feb 11, 2002. Needless to say, the training is unbelievably difficult and due to the stresses of what was being demanded I sustained a heel fracture. My injury occurred on 03-21-02 and I was placed in a cast and told I could put no weight on my foot for 4 weeks. * My crutches were taken away and after another 3 weeks I was taken out of my cast. * Due to my injury, I was removed from the academy and placed temporarily behind a desk. I came to Lisa 2 weeks post cast removal with a really small (R) leg that was very weak and pretty stiff. She began to work the muscles in my leg and guide me with stretching exercises. Now I am 12 weeks post injury and saying goodbye to physical therapy. My leg is looking somewhat normal again and I feel pretty good. For now, I must continue home PT and work on building a better leg and foot as I must begin my journey again in the academy on Sept. 3. I can't say thanks enough... your smile, gentle spirit and endless encouragement have found their place in my life and turned this experience around. Keep up the good work Lisa - You've found your calling and I can now work toward mine... touching lives.

Signature



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