

This is a note to thank Bill Rolle for his advice, counsel and able assistance with two problems I have had which needed physical therapy.

My story goes back a few years when our primary physician recommended Seneca to me for treatment of a very painful rotator cuff. I could barely raise my right arm, and was in a great deal of pain doing anything with that arm. Bill's treatment, along with suggested home exercises gave me normal mobility of the arm. It is now rarely painful, and continues to improve.

However, in talking with him during one of my sessions, he mentioned that there were many kinds of physical therapy, not the least of which is GYNPT. I perked up my ears, because I had had two surgeries (a cystocele/rectocele) to correct a prolapsed bladder, etc. The surgery had worked temporarily, but things then "fell" again, and I was advised by the surgeon that I needed more surgery. I decided I could not go through that surgery a third time, since the recovery had been quite long and terribly uncomfortable. I was determined to just do without until Bill mentioned that PT might help. He gave me the name of a wonderful therapist whom I saw for several months. Under her tutelage my condition improved so much, she thought I could handle this by myself with the daily exercises she had given me to do at home.

I have done these exercises every since, and I can honestly say that my quality of life has improved 100%! The prolapse is still evident, but I am no longer in misery when I cough, sneeze or strain in any way. In other words, it is very manageable, and I am only uncomfortable on rare occasions.

I have told everyone I know who is having a similar problem to ask their doctors to consider physical therapy before they contemplate surgery. Yes, it has been THAT good, and I highly recommend it. I am so glad Bill is including it in his repertoire of ailments he treats here at Seneca. IT WORKS!

Thank you, thank you Bill.

RB