

I first saw Keith because I was suffering from fibromyalgia in my chest and neck and in pain. I was also unable to raise my arm or turn my neck without pain and couldn't reach behind me. It was very slow at first as I couldn't take any pressure at all and the first 3 treatments were only 15 minutes long. As I improved, I started to have full length treatments and Keith discovered that both my knees were swollen. My doctor had told me over 4 years ago that I had arthritis in them and apart from pain killers and anti inflammatory tablets it was a condition that there was not much that could be done. Keith asked if he could treat them and without much faith I gave permission, then over the next few days the swelling went down drastically and I saw my left kneecap for the first time in years!!

I have continued to improve, my neck and shoulder are now fine, I have no pain from the fibromyalgia and I can now move much easier with improved use of my knees although still some pain. It's taken just 7 treatments to undo the damage of the last 4 or 5 years!

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