

BEFORE

Head forward

Shoulders slumped, straining the neck and shoulder muscles

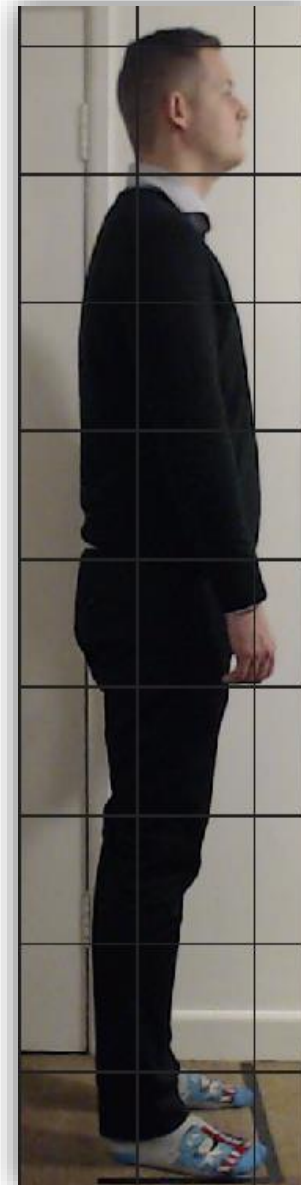
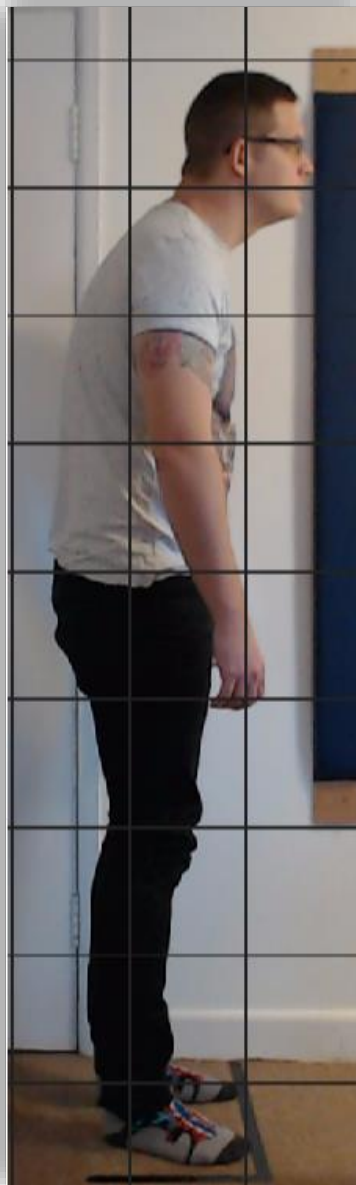
Can't breathe

Heart capacity reduced

Extreme lower back and left side front rib pain

Knees bent in effort to lower pain

Patient feels disabled



AFTER

Taller

Head nice and straight

Shoulders up and back

Chest risen, breathing easy and full

Upper back curve close to normal

Lower back pain gone

Occasional rib ache

Patient ready for life again

I came to see Nick as I bent over permanently after an illness. I struggled to do the simplest of things because of pain. I struggled to walk, and I had to leave the job I loved. My pain has greatly reduced, and I can now do everyday tasks and even attend the gym. I now have next to no pain at the halfway point of my treatment course. Nick is a great, friendly and professional person who works wonders and knows what he's doing. Before I met Nick, I thought I would have to adapt my life to being hunched over and in pain. But he's transformed my life.

Jamie Monkman 2018

