

Hello,

Personally, the Myofascial Release Approach has opened me up to a richer and fuller life. When I took my first course in April of 1999, I had some exposure, but no knowledge of the potential benefits for me.

My history was two episiotomies, one baby delivered with forceps, two falls on my coccyx, and the final fall on a large rock while hiking down a hill that left my perineum black and blue for a week.

I had chronic back pain for three years and felt like an old woman before my time. I was unable to roll over in bed, go from squat to stand or carry my grandchild up the stairs without severe pain. I could no longer do my yoga practices.

I had seen a chiropractor, osteopath, orthopedic surgeon, physical therapist, massage therapist, and occupational therapist. My tests consisted of abdominal and spinal x-rays and ultrasound. I was given an anti-inflammatory medication and told that when I was ready, I could have back surgery for spinal stenosis.

When I took the unwinding course, I was not able to assist the other therapists on the table because I was afraid that I would drop and injure someone. I knew I needed to be healed, before I could help anyone else.

I took the Skill Enhancement Seminar in November of 2000 with the idea that this was my last chance to see if I could do the work. I signed up for 3 sessions with John and hoped that he might give me some relief. If you are reading this John, I thank you from the bottom of my heart for giving me my quality of life back. You may not remember me, but I will always remember you and be grateful to you. I'm spontaneously crying, just remembering all this. You listened to me. You suggested internal pelvic work. I had 3 other therapists assisting while you worked on me and all the referrals that were thought to be ovarian cysts, appendicitis or gall bladder problems were released as you released my pelvic floor. I got up off the table after half an hour, without help or pain for the first time in 3 years!

I have never gone back to that place again. I can lift, exercise, do yoga, squat and stand, hike and most of all I can work and play without pain.

~ Diann Shively