



I had pains in my calves and down the front of my leg when running and being in the cadets; this was something i needed sorted.

I went to Cat to see what she could do and she did some tests on me. After examining me she found that the problem was in my calves and the way that i ran.

She treated me once a week for 3 weeks and gave me advice on stretches and things to do that would help decrease the pain until the muscles had strengthened.

I have seen her a few times since but with no pain in the calves and i am back to running and cadets as normal. I carry on with the stretches and exercises that i was shown and would reccommend Cat to anyone who wants a good service with the extra help and the excellent aftercare advice.

Gary Mullholland