

Spine and Orthopedic Rehab of Virginia provides a different level of physical therapy than I have found at other facilities. The office on 3rd Street, where my therapy took place, is a clean, bright, attractive space. The equipment is well-organized and easy for clients completing their exercises to access. Small details, like having clocks placed overhead so that it's easy to time oneself while doing back work, ensure that the environment facilitates the therapy plan. Eric Reichardt and the staff are friendly, attentive, encouraging—and most of all, they know what they are doing.

I came into physical therapy this time due to muscle atrophy caused by a pinched nerve. On the day I started, I was able to lift my right foot—my *driving* foot—only a few inches off the ground. After a few weeks of therapy, I was given an additional exercise where I attempted to lift a foam roller with that foot. At first, a staff person had to lift the roller while I focused on lifting the foot, or I had to use my left foot to lift the roller while my right foot tried to keep up—but every time I sat down at that machine, I began that portion of the exercise by trying to lift the roller with just my right foot. Every time, staff members encouraged me. Finally, one day, I kicked up with that right foot—and it moved, foam roller and all! It is hard to describe how such a small success can mean so much. If I wasn't happy-dancing all around the room, it was only because I knew I had several repetitions still to complete.

Throughout the months that I was having physical therapy, I was impressed that my therapy plan did not focus just on the areas that were weak. That was included, of course, but the exercises I was given to do also helped eliminate bad habits I had gotten into as my body tried to compensate for the previous weakness. This was my first experience of physical therapy that considered how my whole body worked together. I learned different ways of moving and helpful tips so that I could assess how well I was using my new knowledge as I went about my day.

When I was dismissed from physical therapy in May, I had a routine of exercises to continue at home. My last goal was to be able to go up and down stairs, alternating feet, while carrying something like a laundry hamper. In July, I was able to help my daughter move out of her third floor apartment. I am amazed at my recovery thus far and delighted to have avoided a possible back operation. I give the credit for my new-found strength and mobility to Eric Reichardt and the staff at Spine and Orthopedic Rehab of Virginia.

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