

TESTIMONIAL FOR MR. DANIEL PORTELLI

October 11, 2010

TO WHOM IT MAY CONCERN

I had been suffering from a stiff, sore and aching neck for quite some time (over 12 months) and had tried a number of different ways to alleviate the pain that was annoying me on a daily basis. I had reached the point where I couldn't get a good night's sleep. Regular visits to a physiotherapist provided short term relief but the pain returned. I switched to visiting a chiropractor with similar results. After almost three months of seeing the chiropractor at times twice a week, he suggested I visit Daniel Portelli who, after an initial massage, started me on a series of weight lifting exercises. Almost immediately I felt a difference.

I visited Daniel about twice a week for nearly three months and gradually increased the level of weights I could lift as I grew stronger. Daniel was very professional, explaining how certain exercises strengthened certain muscles and modifying the program depending on my recovery. Daniel taught me how to lift weights so as not to injure myself. The general theory that strengthening all the muscles of my back and neck to relieve the stress on particular muscles that may have been overused made sense to me but the real proof to me was the difference in how I feel. I have not been back to Daniel for some three months now, have bought weights to lift at home myself and my overall level of fitness has improved dramatically. At times, some small amount of pain returns which I can relate to long days in front of a computer screen and little stretching exercise. However, better posture and regular weight bearing exercise has made all the difference to me and I can highly recommend Daniel's expertise to anyone who might be suffering from a similar complaint.

John McKenna,
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