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To whom it may concern

I am a client of Graham Healy's , I had serious scoliosis as a child and had a full back operation where the surgeon inserted rods along my spine in an attempt to keep my spine as straight as possible , the rods were removed and my scoliosis is manageable.

I started a programme with Graham Healy , and after Graham noticed the disproportionate muscle concave and convex muscular patterns on my back , Graham decided to refer me to his associate Chiropractor Dr. Paul Ryan , who had a full spine and hip x-rays ordered.

My back had a 36degree curve left over my left hip and a 72 degree curve inwards below the shoulder blades/scapula, Dr. Ryan determined that they could only adjust my hips to relieve the pressure on my back. And that I was to receive no downward compression or sideways compression.

Graham has now designed a programme for me according to this process, and I believe I am getting good results along the way , even to the point where my girlfriend has noticed a difference in me in such that she noticed that after training with Graham Healy there was a noticeable straightening up of my posture and a difference in the muscle patterns especially around my back where the effect of the scoliosis is mostly noticeable .

Michael Mc Carthy

A handwritten signature in black ink, appearing to read 'Michael Mc Carthy', with a long horizontal flourish extending to the right.