

To whom it may concern

I have been working with Sue Rhyhart for more than a year and a half on a twice a month basis. I wholeheartedly recommend her to you if you have back pain like I did.

I didn't meet Sue through an ad or online. Rather, I simply sat on a hay bale after having fallen off my horse for the second time in a month and said: "fix me". She looked at me, smiled and explained that we had some work to do. There was something about her facial expression, calm, yet serious, demeanor and the dialogue that convinced me that I should probably take her advice.

Sue had been working on my horses for almost a year prior to us meeting. I had seen improvements in my horse but it never had crossed my mind that I needed help, too. Well, after that day on the hay bale, I adopted a new perspective on Sue and her practice and marched my butt into her office.

After a year and a half of treatments, my body functions better than ever. I feel like a new athlete. Sue not only has a way with animals, she has found a way to unite me with my horse. I can better use my body to better my horse's performance. She has found a way for me to communicate and balance the partnership.

The practice of rolfing has mixed reviews. This may deter some from trying this form of physical therapy, but as a bit of consolation, Sue has reformed the practice and has a way of tailoring the practice to each individual. She is intuitive and an incredible listener. I have tried many ways to make myself a better athlete- from physical therapy to massage to chiropractics- but coupling my daily workout routine with rolfing has proved to be the best recipe for my success. I strongly recommend trying the ten-session package or even just a few single sessions for physical therapy, athletic purposes, or regular body maintenance.

-Sarah Tredennick