



Terry came to me with long-standing knee pain. He loved running but, despite surgery on his left knee, he was still in pain when he ran. Many years passed and this chronic knee problem kept him from running. There were obvious alignment problems. His legs were bowed (severe genu varus), which put an undue amount of unnatural stress on his knee, plus it constantly irritated his hamstrings and other muscles. His pelvis was in a posterior tilt (tucked buttocks), which created compensatory alignment problems in his rib area (mid-thoracic) as well as even more stress on his knee due to internal rotation of the thigh bones (femurs), just to mention a few of the specifics.

The first challenge was to reeducate his body. *Body Balance* therapy changed the stresses through his legs and influenced the angle

Terry's Story

of his pelvis. This, in turn, allowed his trunk to be supported more easily on his pelvis and decreased the stresses around his knee. A "reshaped" Terry now had a far more fluid running movement. After a dedicated few months, changes occurred but they occurred on more levels than his knee.

When he was back in stride as a runner, Terry thanked me for fixing more than his running ability. He told me that his self-image had taken a huge shift for the better. He was 48 and for the first time in his life, he felt comfortable in his body. This seemed to put his knee problem in a different perspective. He can now run up to six miles before any discomfort arises. With his knee much better, Terry is functioning mentally and physically on a much higher plane. Some of these changes, for Terry and others, can be profound.