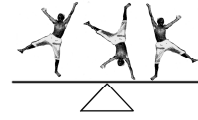


JOYCE ANN OTR/L, GCFP

BUILDING BETTER BALANCE



Occupational Therapy

Feldenkrais Method®

Vestibular Integration

Testimonials for Joyce Ann at Building Better Balance Improving Pain

“(Voice Message) I'm out for a walk right now. First of all thank-you, thank-you, thank-you. I got into the car and it did not hurt to sit down. I was able to put both of my feet in without dragging them. When I went from the accelerator to the brake, I was able to go from the accelerator to the brake.

Again, this has not happen for years and year and years. I was able to get out of the car again, just get out. I walked up stairs to get the dog. I did not drag myself up the stairs; I walked up the stairs to get the dog. You have no idea how wonderful it feels to be on both of my feet instead of lunging onto something, leaning onto something all of the time and be able to stand on both feet. So thank-you, thank-you, thank-you.

I yawned on the way back; I haven't been able to yawn without pain for over a year.”

Carol

9/30/06

Jan 19, 2007

“Hi Joyce,

I just wanted to thank you for the work you did with me in the session yesterday. I have not had such a pain free day and evening in a year! It felt as if you moved my rib cage to the place it is meant to be. My other image is as if there was a butterfly that could not open its wings in my chest but then was allowed to spread its wings in my chest.

I told Jim it was wonderful to go to bed last nite without the iron bands around my chest.

I hope we can repeat/continue this path next week.

Thanks again. Have a good weekend.

Mary”

7/19/09

“I haven't had any real pain at all for the past couple of weeks. I feel a difference and it's kind of strange but it's nice. Especially if I'm lying down and I had that feeling of real pain. .. and I can lift my arm up quite a bit more. My fingers were better, not as numb in my right hand.”

Ann

89 years old

“To Whom it may concern

Using the Feldenkrais method has enabled me to become more aware of my body's strength and function. as a MS patient, I have benefited greatly from the Feldenkrais awareness through movement and functional integration instructions. In particular, I am so pleased by my ability to become increasingly balanced, one of my serious deficits. Working with Joyce Ann as been positive and enriching. I look forward to our continued mutual learning.

Dr. Nancy J. Foster”

1454 Ridge Road, Highland Park, IL. 60035 / Phone: 847-748-8313
Fax: 847-831-1457 / E-mail: Feldenkrais-northshore@comcast.net