

Mrs Pat Fearnhead, Sheffield, December 2009

While working for the post office, I had an accident where I fell backwards from a chair hitting the back of my head violently on the concrete floor. This injury has been exacerbated by two more accidents to the back of my head and also one to the front breaking my nose. Subsequent physiotherapy and acupuncture treatment were of no benefit and I have been in constant pain ever since. I was finally given extra strong pain killers and was told to try and live with the pain.

I had very little movement in turning my head to the left or right and could not look up or down. I was unable to work with my arms raised to shoulder level without incurring great pain. Things got worse and I found that I was having to take pain killers even to travel for one hour in the car. Living with pain is no joke and it caused me to have mood swings constantly.

I went on a coach tour with my partner and the holiday was marred by the unbearable pain I had to endure. On my return, just by chance I met some friends of mine who told me about Stephen Allen and how he had helped their son Joshua, whom I had taught at Sunday School. I could see for myself the improvement in Josh.

After another horrendous car journey, I text my friend for Stephen's phone number and address. I made the call and got an appointment for the next day. On arrival Stephen talked me through my history since the first accident and started my treatment straight away. It was so gentle, I hardly knew anything had been done, but I felt a difference. His first comment was that he had never felt a head like it, that it was solid quote: *" it feels as if you have been hit with a sledge hammer from behind and Mike Tyson from the front! "* By the end of the session he was so pleased, he assured me that he could get 70% improvement and that as the skull plates were moving they would get better each day. My next visit was two weeks later and Stephen said there was at least 20% improvement already. The second session was just as gentle as the first. When I was nearly home, my partner asked me how my head and neck was feeling. I had to admit I had not given it a thought. This was certainly a first! I have continued to improve daily and have found that I can do things with a lot more ease without suffering the consequences. There were things that Stephen picked up on in my condition that I had forgotten about, but he had detected them without any prompting from me.

I have had another treatment session just as gentle as before, and the prognosis is even better. Stephen thinks that he can get me 80-85% movement.

I am now looking forward to my next session with confidence, because I know that I am improving all the time.