

Client Testimonials

Jimmy B:

The first time I had to swing my legs over the bed and stand up I thought of all the core exercises that I had been doing...Once the doc saw that I could walk with minimum discomfort he let me go after one night in the hospital where the average stay is around two to three for my type of surgery. My doctors and nurses all said that I was in good physical shape for the surgery. I thank you for this Scotty and should be ready to work out again in just a couple of more weeks.

For some reason the spider man walk and the bear crawl is what I recalled when standing up. Getting out of bed and standing up I had to use all my core strength in order to accomplish the task. Even when walking down the hall using the utility pole as support that holds all the meters and fluid bags that were attached to me I was constantly using my core muscles for stability. With the tubes that I had going into my body just rolling over in bed was not an option. I had to lift my body up on my elbow and keeping my legs straight. I would lift my abdomen off the bed and then flip over. Additionally I was told all the time to breathe deep to help get the anesthesia out of my system. In through the nose and out through the mouth. How many times did I hear you telling me that during the workouts? All those workout sessions had certainly helped me with a speedy recovery.