

March 3, 2018, I fell and broke the Bone in 3 places in my upper left arm that attached to my elbow. Surgery included 2 plates and 14 screws to patch my arm together. I was sent for Physical Therapy so that I could work on stretching the scar tissue – to get the use of my arm back, since I could not bend my arm up and down at all. Physical Therapist entailed the painful pulling of my arm downward and pressing upward to get my elbow to operate.

In the meantime, the rest of my body was compensating for the ‘non’ use of my left arm. My shoulder froze, I couldn’t raise my arm further than a few inches, my diaphragm was cramping, and I had back spasms, my wrist and arm could not bend, my hand was swollen and painful to touch.

I knew I needed Deb Jackson’s expertise to help me!

I had worked with Deb in the past and knew her talents in body work and massage healing. Initially she concentrated on working on everything ‘except’ my injured arm as the pain was so intense, we had to prop my arm on a pillow while she helped to unfold the other issues that resulted from the injury.

As time went on, we graduated to work on the injured arm also. She has been able to give me additional movement in my arm, shoulder, wrist, and more feeling in my hand. I am 90% back to fully functioning. My surgeon confirmed that most persons with my type of injury never get the range of motion and movement that I obtained. I know this is due to Deb’s help in the healing process.

Deb is able to assess the intensity needed for your situation. She comprehends the ‘where’ to work on your body to alleviate the pain that is present. She is a true ‘body worker’ and I cannot comprehend how I could have recovered without her. While PT works on the exact ‘site’ of the injury, Deb’s expertise concentrates on the injury AND the huge array of other challenges that result from an injury.

Deb is engaged, intense, and determined to help her clients. A true professional with intuitive insight that she uses to determine how to help you in the healing process!

Laurie Kruse  
Bodywork Client  
2/7/2019