



"Prior to attending the PIHC and having treatment from Lucy Liongue and workouts on the Huber, I had continual spinal pain both lower back and right up the spine to my shoulders. The intensity of the pain varied depending upon my physical activities. I especially had a lot of shoulder / neck pain whilst using my computer for lengthy periods of time. The combination of treatment from Lucy and the Huber has eradicated the pain and only on rare occasions does it come back for short periods of time. **I just can't believe how I can now rotate my neck to degrees that I haven't been able to do for years.** I just love the Huber and the only thing I don't like about it is, you are only on it for a short period of time, then Lucy makes you get off! Actually, since I have been on the Huber and having treatment from Lucy, I have ceased taking any medication/supplements that I was taking solely for joint pains and have not needed them. Has been great, Thanks Lucy!"

Lucy Liongue is the Principal Occupational Therapist working at Perth Integrated Health Clinic, who is also an accredited practitioner for Huber treatment. Many of Lucy's patients present with discomfort in the neck and shoulder areas. lucy@pihc.com.au

Her patient is currently on a maintenance plan, seeing Lucy once a month for a Huber Treatment.



The Huber can target neck and shoulder conditions through specific stretching and strengthening programs that target the upper quadrant.



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