



KEY MODULE – Shin Splints Testimonial

June 2007

For over a year I have been experiencing pain from shin splints. I play State League netball and have training and games 3 times a week. After about 15 minutes running I couldn't run or put much weight on my shins because they would be painful to the point that I could hardly walk afterwards.

I started getting treatments on the Key Module once or twice a week about 6 months ago. My family also purchased a Well Box so I could continue my treatment at home.

Now I am only needing to be treated once a month on the Key Module and I use our Well Box after every training session. For two months now I have been able to play netball and run with my shins only causing me slight discomfort on rare occasion.

Jocelyn

Danae Beard is the Senior Occupational Therapist working at Perth Integrated Health Clinic, who is also an accredited practitioner for Key Module treatment. Many of Danae's patients present with shin splints.

Please email Key Module Coordinator, Lucy Liongue (lucy@pihc.com.au) for more information or call 9240 5266 to book an Initial Appointment.