

***My name is Sandy Tammel and I am a personal trainer at Coffee Street Fitness in Lanesboro.***

***Marsha came to me in frustration because she had been suffering for seven (7) years with pain in both hips from the Psoas muscle (a pair of large muscles that run from the lumbar spine through the groin that help flex the hip). The latter three (3) months it progressed to the point that she could not cross her legs which made it very difficult for her to slip on her socks and tie her shoes. Over those seven years she had been going to many doctors to find answers, physical therapy sessions and also numerous chiropractic therapy sessions for some relief of her daily pain. She spent a lot of time and money, but ended up with no relief to her pain.***

***Marsha is not overweight so I could see that weight was not causing her pain in that area. She wants to exercise and tries to be active but her pain got in the way. Her one statement that she made to me tugged at my heart, "All I want you to do... is get rid of this pain". I could relate to that statement because I have been there. You just wish a miracle would happen to take the pain away!***

***Please read Marsha's story.....***

Day after day I sit down at work on my break with ice packs to get some relief. One day my coworker said to me, you should call Sandy Tammel at the Coffee Street Fitness Center in Lanesboro to see if she can help you. Well, I thought I have tried everything! If the doctors, physical therapists and chiropractor can't help me, who can? It took me awhile, but one day I just got sick of the pain and gave in.

I met with Sandy and she asked why I came to her. I proceeded to explain for the last seven years I have had problems with the Psoas muscle in both hips. It is very painful every day! I went to various doctors for an answer. Prednisone didn't work, cortisone injections didn't work and physical therapy didn't work. Now the past several months I am not able to cross my legs because it is pulling on my low back muscles restraining me from crossing my legs. Going up and down steps is very difficult. I suffer with more and more pain all the time! I don't feel like doing anything, and I am afraid to do anything because I end up hurting more. I see no relief and some days it's so bad I want a wheelchair.

I pleaded to Sandy to help me walk again without pain. Then I stated, all I want you to do... is get rid of this pain! Sandy stated she was not a miracle worker but she assured me that by doing certain exercises, to stretch the muscles and strengthen the muscles in the area, would help. So I signed up for the personal training sessions that were twice a week for 3-months.

By the end of the first week, I had some relief in my hips already and was able to easily get up out of a chair. At 6 weeks, I was able to cross my legs to tie my shoe with no pain. As time went on I was getting stronger in my legs, hips, back and arms. Sandy knows how to gently work your muscles to get stronger. Workouts are never boring because she keeps changing them to work different muscles in different ways. And the amazing thing is that I didn't die doing the exercises!

Now it's the end of my 3-months. I am very happy with my results. During the 3-months of training I also lost the 6 pounds I wanted to lose and lowered my cholesterol 60 points after only 2 months of exercising. My legs, hips and back don't hurt anymore. No kidding, I am now pain free!!! I am stepping up and down doing some painting and no problem with steps anymore. Walking outside every day, doing gardening, helping on the farm and just doing anything I want to do again. Whooo!!!

I am 63 years young and if I can do it... so can you! I say, EXERCISE IT or LOSE IT! ~Marsha 🙌😊