

physical rehab

lorna craigie physiotherapist
B.Sc. Physiotherapy (U.C.T)

Rolfe Valley Sport & Health
5 Fisher Avenue
P.O.Chisipite Harare

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To Whom It May Concern:

I have worked closely with Leigh O'Brien at the Centre for Sport and Exercise Medicine over the past three years. As a both a colleague and client, I am happy to recommend her conduct as follows:

As a teacher of the Pilates method, Leigh combines her experience in personal training, rehabilitation and aromatherapy with professionalism and careful attention to her client's individual needs. Her positive teaching manner is one that demands precision yet is never discouraging. Our sessions are mutually beneficial in that we continually analyse each exercise in the context of the challenge it provides to the body.

This experience has led me to refer patients that I have treated for musculo-skeletal dysfunction to Leigh as she adapts the exercises so that they are appropriate for any client, whatever their physical ailment might be. In doing this, Leigh always exhibits due regard for the safety of her clients regarding their particular injury, conferring with me if she has any queries.

As an aromatherapist, Leigh combines professionalism, empathy and expert massage techniques with a thorough assessment of both physical and emotional states in her treatments. I find my sessions with her extremely beneficial for "de-stressing" after periods of giving of my self as a health professional.

Please feel free to contact me should you have any further queries regarding this recommendation.

Sincerely,



Lorna Golombick (née Craigie)
BSc. Physiotherapy (UCT)