

## Testimonials



### NECK PAIN

I had suffered from **neck pain for approx 6 months** which was exacerbated by sitting at a computer for long periods of time. I tried Physiotherapy which alleviated the problem for a little while, but activities such as gardening aggravated the injury, I then tried chiropractic treatment but found it helped for short periods but the pain returned again. Stefan was keen to understand the full extent of the injury and **took a more wholistic approach**, addressing not only the neck, but my middle and lower back areas. His caring approach, gentle guidance and ability to target specific muscles has resulted in a great outcome. The treatment was always undertaken with great care and engagement. I would recommend Stefan and the treatment he offers to anyone who suffers acute or long term pain.

Cate A. C.E.O ( Lyndoch, SA )

If only I was still in Adelaide, I still haven't been able to find anyone in Qld who helped as much as you did! A friend recommended that I see Andrew to assist me **with my lower back, neck and shoulder problems**. Andrew not only provided me with instant relief but he also helped in providing me with exercises to achieve lasting results. It was lovely to be greeted with someone so friendly and professional and I always felt very comfortable. I would not hesitate in recommending Andrew and his team.

Michele L. Nurse

I have been receiving treatment from South Australian Integrated Therapies for over 3 years. I have found the treatments extremely beneficial and now attend regularly to maintain optimum function in my shoulder. The therapists were able to diagnose the cause of my problem where others had failed and the treatment has brought me great relief.

Julie S.

I would like to record my appreciation for the treatment received at South Australian Integrated Therapies. Following athorough assessment I was given a clear, easily-understood explanation of the various issues which were troubling me and the sorts of treatment that would be employed. Over the period of treatment there has been steady improvement in my condition. Importantly, I have always been treated in a very professional but friendly and caring manner and feel totally comfortable with my therapist. Every step in the treatment process is explained and questions are always answered fully. It is a pleasure to receive effective treatment after many years of spending money on things that don't work and I would be happy to recommend this clinic without qualification.

Gail E.

## DIZZINESS SYMPTOMS

I saw Stefan after being recommended by a family member who had experienced significant improvement of her symptoms. **I had suffered for 15 years from “Vestibular Neuritis”** ( a debilitating condition which had me bed-ridden for up to 3 weeks at a time with severe dizziness and nausea)

**After my Initial treatment I was able to stop taking my medication**, which I relied on twice daily to control my dizziness. I was truly amazed that my neck muscles were responsible for this problem. I have found I now have more energy and am able to function better and think clearer throughout my working day. I would definitely recommend Stefan, very highly!

Mary C. *Teacher/Lecturer* ( Hilton, SA )

I came to see Stefan with **severe dizziness symptoms**, which I had for a couple of months after seeing doctors, physio and chiropractor, which I found made my symptoms worse and were quite invasive with their testing and treatment. The results I experienced with Stefan were **practically immediate**, his warmth and total focus to patient care are second to none. I continue to recommend Stefan to others who I think would benefit.

Stella L. *Interior Designer* ( Ridleyton, SA )

## HIP & BACK PAIN

In 2003 I met Andrew after suffering a **back injury and ongoing chronic pain**. **I saw Chiropractors, Physio's, Doctors and Surgeons, who would spend 10 to 15 minutes with me** and give me no comfort or resolution.

After a complete 1 hour session with Andrew applying his unique understanding of the body, muscle behaviour and relationships with nerves I would walk out feeling lighter with less effort and certainly less pain and always feeling I was on the way to recovery. I credit Andrew and the clinic with my full recovery.

I am now pain free without a proposed surgery and have been so for almost 10 years. I still see Andrew regularly for what I call a “loosener” to make sure the body and muscles are supple and doing what they are suppose to do.

I have no hesitation in highly recommending and referring people to Andrew and the clinic when ever I come across somebody with similar situations.

Tim V. ( a true believer)

I am a 58 year old woman who has lived with **chronic back and hip pain for approximately 10 years**, as well as **very poor movement in my neck**. It was impossible to sit for long periods of time and twisting to the right side was unbearable. I was totally exhausted after seeing so many doctors and specialists, receiving cortisone injections and heavy medications to help my pain. After 2 visits with Stefan he worked out the problem was coming from restricted muscles in the pelvis and along the spine which were limiting my movement. **Continuously working hands on he rectified my problem. My spine, neck and right hip are finally pain free with natural movement, it was the best feeling!**

I can highly recommend Stefan Barbieri

Vanessa M. ( Ridleyton, SA )



Andrew fixed after a few visits what years of chiropractic manipulation had been dealing with.

Walter P.

I had been struggling with **debilitating pain in my right hip for over a year**. I had undertaken various treatment including, Physio, Chiropractic, Massage, I was prescribed Anti Inflammatory medication, as well as undergoing a series of cortisone injections. All these provided short term relief or no relief at all, **I was told that they couldn't do much for me & this was as good as it was going to get**. Thankfully I was finally referred by a friend from my exercise class to see Stefan after she had experienced incredible relief from her symptoms. After only a few sessions, Stefan's treatment has given me hope, which I had lost and allowed me to return to everyday duties & exercise without my constant hip pain.

Christine J. ( Greenwith SA )

**For 30 years, I had endured chronic back pain with no relief**, Then my hairdresser recommended Andrew Roesler, saying he had helped her and her mum with various pain issues.

My first impression was friendly, thorough, and professional, with a completely different approach to my pain.

Andrew is not pushy, and made me feel safe and comfortable in his rooms and simply let the results speak for themselves. I have absolutely no hesitation in referring Andrew, and I have, in fact several of my friends AND their husbands visit his rooms and now they boast about his treatments.

Sandra A.

I offer this testimonial with no incentive or conflict of interest in the genuine hope some others may benefit.

My **back problems have been on going for 10 + years**, possibly sport related, more recently a **cycling neck injury**. Now in my late 50's I am still trying to be an active person but was very frustrated having tried with mixed success on my back issues Chiro, physio, massage, acupuncture, Bowen etc etc, some gave instant relief or even short term relief but none really treated my problem with the idea of reducing or eliminating the problems, managing them for the future. Over 18 months ago I began treatment with Andrew at Advanced Musculo-Skeletal Clinic from a recommendation of a friend who had found great results. I was truly pleased with the care taken at the first assessment treatment interview, far more positive and professional in approach than some others and offered a realistic possibility for moving forward with treatment. I found both short term relief and longer term gains gave me back my confidence to manage my back problem. The back problem has not disappeared but now I have far better lifestyle and can continue to be active with just ongoing management treatment. Now with my back managed we have shifted the priority to the neck & shoulders. This Advanced Musculo- Skeletal Clinic is no back yard operation for someone who has done a quick massage or some other therapy course or a practitioner who may just be interested in having you return for the financial gain. The staff are fully accredited and professionally trained. Treatment rooms are professionally fitted out, comfortable, air conditioned & private as you would expect to find in any good medical or health practice. I have since recommended the practice to other friends and my wife for treatment – something I would not do lightly.

Bob B.

The treatment I have received from South Australian Integrated Therapies has been very effective in managing long-standing back problems. **The teams holistic approach** includes information and **advice on self-management**. Their professional approach combined with a relaxed and friendly manner provides a comfortable environment.

Di M.



I have suffered **long term sports injuries, which have caused me on-going pain, stiffness and restricted movement**

in my hips, glutes and down my leg. Physio provided short term relief but was less effective over time.

I have recently started treatment with Stefan, and have already seen Great Results! He was extremely thorough in his assessment and investigation of my injuries and the impact on my body. The treatment has eased my pain and stiffness significantly, restoring my range of movement and **enabling me to exercise without restriction**. Importantly, these results were achieved in a relatively short period of time. I would highly recommend Stefan's

treatment as it can make a real difference to your quality of life by reducing pain, giving back energy and freedom of movement.

Cathy R. *Active Sportsperson & Mum* ( Athelstone, SA )

## HIP, SHOULDER & ARM PAIN

I was struggling with **on-going shoulder, neck and upper back stiffness & pain for 15-20 years and hip pain for the last 12 years or so**, as well as this I had **persistent forearm pain for about 3 months**. I had seen a chiropractor for my hip pain and was told I had one leg shorter than the other and I would need to wear orthotics. I was taking pain killers for my arm & shoulder pain and having the occasional massage, but nothing was really changing. Stefan assessed my posture and checked my alignment and explained how these **pains were being caused by muscle dysfunction**. I saw Stefan for about 4-5 visits, during this time my arm, shoulder and neck pain had significantly improved as did my hip pain, I was able to get rid of my orthotics, which I had been wearing for a number of years. I am in really good shape now and only see Stefan occasionally for a tune up. Honestly this guy has worked wonders... I cannot recommend Stefan highly enough!

Pamela K. *Environmental Engineer* ( Adelaide CBD, SA )

## ARM & WRIST PAIN

I was getting **pain, pins & needles and numbness down my left arm into my fingers**, this had been going on for about a month and was getting worse I was unable to sleep at night because of it. My doctor told me I had 'carpal tunnel syndrome' and that surgery was the only option to really fix it, but there was no way I was going to have surgery. Stefan explained how these symptoms were being **caused by nerve entrapment by the muscles in my neck and not by the wrist at all**, he resolved my problem for me within 5 visits or so, I now am able to sleep pain free at night. I have recommended Stefan to my family and friends as an alternative to medications or surgery.

Caren E. *Business Owner* ( Mile End, SA )

I was referred to see Andrew Roesler by a friend who also plays table tennis that had been helped by Andrew. At the time, I was **suffering from severe wrist pain and I was planning on having exploratory surgery** to see what the problem was because nothing had shown up on any scans. At the time, I could not do even a simple push-up without strong pain. Andrew analysed my wrist, as well as the other connecting parts of my body that could be contributing to the issue. I ended up having about 8 sessions with Andrew where he worked on my hand, wrist, shoulder and neck and also gave me some homework exercises to do. My wrist is now 1000% better and I can now do all the things that I could not do before. My table tennis is back to where it was before and I represented South Australia in the past 3 years. I consider Andrew as an expert in dealing with injuries caused by playing competitive sports and I have recommended him to a number of other table tennis players.

Alan.H

I first saw Andrew 3 years ago, after **nearly 25 years of constant pain and restricted movement in my lower back and legs**. I had seen countless other practitioners and very few had any idea as to why I lived with so much pain and debilitation. Inevitably every other practitioner had eventually blamed my condition on my weight, lack of exercise, the need for supplements and/or my heavy dependence on prescription medication. At the time I was recommended to see him by someone else who had been seeing a physiotherapist every week for 6 years, and had no lasting improvement, so naturally I was very cynical. But after speaking to him at some length before I committed to an appointment, explaining in very frank terms what I had been told and how I had previously been treated, he was very encouraging, confident he could help and reassuring that it was not my own fault and there was a lot than can be done to help. I decided that as I could now barely walk, stand up straight or even roll over in bed without searing pain, I felt I had nothing to lose. In the first session after his thorough assessment he

reassured me again that there was nothing I had done or was currently doing wrong to explain such complex musculoskeletal issues that I had. He found that my right hip was 5 cm higher than the left, was rotated to the left and then slightly angled. We were both speechless as to how a myriad of other practitioners has missed this obvious and profound problem and defaulted to blaming my weight or "lack of proper exercise". Although long term progress seemed slow, to my great relief my mobility and pain improved from the very first session. Every session he would explain in simple direct language what he was planning to achieve with each treatment, and as he worked talked about the dynamics of the muscles he was working on, how it related to the specific pain I was experiencing at the time, and to say immediately if a treatment was too unbearable. He was sensitive to the emotional impact of living with such a complex problem and NEVER once blamed me for any part of my condition.

In short Andrew Roesler's skills are not only in his therapeutical knowledge and planning concrete, attainable goals for recovery, but his ability to empathise, reassure and relate well to his patients in a friendly but professional manner. Am pleased to recommend him to anyone.

Roxann L. *Business owner*