

Mind2Muscle / PDKinetics  
Euro House  
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Mind2Muscle and the dynamic Charlotte Kershaw were brought to my attention by two separate people on the same day 3 years ago.

I had been diagnosed with Parkinson's some 19 years ago and have been forced to take early retirement from my job as a General Medical Practitioner.

This unique mixture of concepts used by Charlotte includes neurological and physical rehabilitation using techniques uniquely adapted to each individual which also includes cognitive and physical rehabilitation creating the Mind2Muscle connection. Various sports and physical activity are used all designed to get the body and the brain working together in a very positive and productive way. There were 40 people at my first meeting. Yes, there is competitiveness, not between each other but on a personal level trying hard to ameliorate some of the varied symptoms of Parkinson's with the undoubted motivation from Charlotte along with her expert and competent knowledge of the condition that is implemented

Hopelessness and giving up are not that well received but each Mind2Muscle session has a wonderful camaraderie and willingness to help each other and go the extra mile and beat the presented symptoms that day. Each session is adapted to suit the many symptoms.

Charlotte and her team never fail to imbue in me a strength for today and a bright hope for tomorrow, something that was disappearing from my life rapidly.

I recommend Mind2Muscle's Clinical Rehabilitation for Neurological Conditions to all of you out there that can benefit from the clinics and programmes available, and there are thousands who can benefit.

Give it a try for yourself. You won't regret it.

Dr Sandy Phillips BSc Mb ChB DRCo  
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