

I recently strained the arches in both of my feet so badly they felt like they were on fire. As I sat with ice on my feet, I called Dr. Tripp because I had seen her previously for a nagging hamstring injury. I knew she practiced ART and had amazing hands. Dr. Tripp fit me in that evening and by the time I walked out of her office, my feet were feeling better already. I did not start to feel pain again until the next afternoon. Two sessions later, the pain was just about gone.

I have been in what I will call, "traditional therapy" for other soft tissue injuries. Those times, I spent my hour visit warming up, doing solo exercises, or working with an assistant, but only 15 minutes were with the therapist. Dr. Tripp on the other hand, **gives you her undivided attention for the entire length of your visit**

. Not only does Dr. Tripp focus on treating the injury, she also openly gives advice on the best exercises (fully functional!), nutrition, and recovery strategies. I have found my visits with Dr. Tripp to be extremely informative and the most productive.

You will not regret your time with Dr. Tripp!

S.M., March 2014