

Dear David,

I have suffered with bad back ache since the age of 15 with the pain and discomfort increasing in the last few years.

David Haynes was recommended to me by Decio Barreto and I went for a consultation with David a few weeks ago.

During the consultation I was pleasantly surprised at the thorough medical and lifestyle assessment questioning and the amount of detail that David took from me before conducting a physical examination.

During both the questioning and physical assessments David was very empathetic and made me feel totally relaxed and at ease, I felt my problem was being given total attention and David was trying to find a solution to help me and had my best interests at heart.

Very unfortunate for me, his best advice was not what i was expecting and Although I failed miserably (i did try) in following his advice of not wearing high heels for two WHOLE weeks 1, I feel his professionalism and advice was of an incredible high standard and I always felt looked after. I'm also still trying to perfect the pelvic floor exercises :)

I will have no hesitation in recommending David to any of my friends and family and I no doubt will be using his services again in the near future. (As long as I can keep my heels)

Helena Duarte