

AMAZING RECOVERY FROM OPERATION

In march 2000 I had an operation to have my knuckle taken out of my little toe due to a reoccurring corn. (AMPUTATION WAS THE FIRST OPTION GIVEN)

I was told I would not be able to put a shoe on comfortably or run for six months. I met up with Richard and Mirjana in April and I have used the Bioptron Light Therapy since and my recovery has been amazing.

The light therapy got the blood circulating again and quickly took the swelling out in a matter of weeks. This resulted in me been back running in six weeks.

This amazing treatment enabled me to compete in the Dome Cup Cross Country in June (my FIRST RACE) and finish a credible 5th in a quality field only eleven weeks after my operation.

Since then I have won the Waikato Cross Country Champs and I am running pain free.

If it wasn't for the Bioptron Light Therapy I would not be competing at the New Zealand Cross Country Champs this weekend.



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HYPERLIGHT THERAPY SYSTEM By Zeltia Group